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GAMES, CONTESTS AND RELAYS

By S. C. STALEY

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A. S. BARNES AND COMPANY
Publishers
NEW YORK

GAMES, CONTESTS AND RELAYS

BY

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NEW YORK
A. S. BARNES AND COMPANY
1930

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A. S. BARNES AND COMPANY

First Printing 1924
Second Printing 1925
Third Printing 1925
Fourth Printing 1926
Fifth Printing 1928
Sixth Printing 1929
Seventh Printing . . . 1930

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PREFACE

I have had two purposes in mind in assembling this volume of mass physical recreational activities. My first object has been of an encyclopaedic nature; an attempt to collect into one volume all of the more important activities of this sort practiced by the peoples of western civilization. To this end I have carefully culled all of the literature on physical education and play produced in this country and a large part of that produced in England, France, Germany, Sweden and Italy. (I read the French and German and had five books in Swedish and Italian translated for me.) Altogether I have gone through something over a hundred books, all of the issues of eight magazines on physical training and folders, sheets, pamphlets, and booklets too numerous to estimate.

My efforts on the other hand have not been confined solely to a review of the literature. Nearly fifteen years of experience in many fields of physical and recreational work—in college, in primary schools, in secondary schools, in the army, in the Y. M. C. A., and on the playground, combined with a particular interest in mass recreational activities has brought to my attention a large number of games, relays, and contests which apparently have missed the printing press.

An eight months' study of physical training and athletics in Greece, Spain, Italy, France, Germany, Sweden and England brought to light others which have apparently avoided printed publicity. This study was especially fruitful in the way of divulging the breadth of the field of combative contests. New contests as well as new methods of using them were uncovered.

And lastly, personal experimentation has been somewhat productive. While I have devised a few new events and revised a few of the old ones my own attention has been devoted more to methods of use and practical problems of conduct. It is in this field mainly that I have made original contributions.

Thus we have the sources from which the material has come. In the beginning I attempted to credit each activity to its source, but owing to difficulty of finding the original source I later gave this up. In lieu of this a complete bibliography of sources has been given at the end of the volume.

My second object has been to prepare a book which would be of preeminent practical value to the physical director, play leader, school teacher, and others who are interested in this sort of work. To this end the material has been confined solely to the description of activities, the methods of organization and the practical problems of conduct. The theory side has been totally ignored.

In assembling material of this nature, which in many ways has a great deal of sameness, it is possible to use codes and methods of presentation which would greatly abbreviate it. When this is done, however, there are large probabilities of error and misconception; besides there is need for continual reference to the code. And, too, material of this sort is used considerably in making out lesson plans for school programs. When this material is found in abbreviated form it must be rewritten if it is to be of practical value to those who actually apply it. On the other hand, if the material is complete in its individual parts it is only necessary to copy it;—a much simpler operation. For these reasons no abbreviations or short cuts have been used in this book; each game, relay and contest has been written in the shortest and most concise manner independent of the others.

One might judge from a preceding statement concerning the fact that a tremendous amount of literature has been overhauled, that the book is more or less academic. The case is just the opposite. While it is true that a tremendous field has been searched only that which has proven practical from actual experiment has been included. Every game, relay race, combative contest and athletic event included has been tried either by myself or some one under my supervision. I thus know positively that everything which is found here is practical. This does not imply that everything will be accepted with "howling enthusiasm" but everything will work out successfully with the average group if properly presented and properly conducted.

The book is not the product of a period of intense work but the result of over six years of more or less constant research, experimentation and study. The collection of material was started in the spring of 1917 while I was engaged in promoting mass physical recreation work in the army. I was in desperate need of material and while there was considerable to be found it was scattered everywhere. The idea of collecting it and publishing it in one volume thus had its inception. Since that time it has been gradually accumulated.

S. C. Staley

June, 1924. Urbana, Illinois.

CHAPTER I

INTRODUCTION

The activity side of our physical education program for normal groups is made up largely of five major types of work; the practice of formal exercises commonly known as calisthenics; the practice of dancing (folk-dancing, ballet dancing, interpretative dancing, natural dancing, gymnastic dancing and so on); the practice of acrobatic feats on the mats, horizontal bar, parallel bars, etc., commonly known as gymnastic stunts; the practice of highly organized sports such as baseball, football, track and field and basketball which are commonly known as athletics; and the practice of sports requiring a low degree of organization such as group games, relay races, combative contests, and mass athletics which are commonly known as mass physical recreational activities. All of these activities, quite properly, have a definite place in our program but it is the last which is the particular subject of this book.

Mass physical recreational activities find more universal usage perhaps than any other type of activity. We find this sort of work in use on the playground, and the gymnasium everywhere. It constitutes a major phase of physical training work in the schools; it occupies a large place in camp life; it is used a great deal in Boy Scout and Girl Scout work; it is used in the Y. M. C. A., and Y. W. C. A. and other religious and social organizations; the army and navy foster this sort of thing extensively; and it holds a prominent place in all picnic programs.

These activities offer many benefits and have many advantages for gymnasium and playground use. In the first place owing to the fact that not much organization is required large numbers can be readily handled. In the second place, owing to the fact that skill is not required they may be effectively used with any group without previous preparation or practice. Thirdly, they have a high degree of recreational content—they are more funful perhaps than any activity in our program. Fourthly, they have a large hygienic content; using large muscle groups in a vigorous way as they do they provide a generous organic reaction. Fifthly, they offer large educational values; new neuro-muscular coordinations are developed, body control is developed, alertness is developed and physical reaction time is decreased. Sixthly, the social benefits are large; the qualities of good sportsmanship, loyalty, cooperation, sense of responsibility and so on, may be inculcated. And lastly, they offer more diverse kinds of natural physical activity than any of the other types of work used.

In the past our recreational program has been made up almost exclusively of group games and relay races. This is a fault that should be corrected. Combative contests and mass athletics offer a host of splendid contests and events which tremendously enriches our physical education program. The conscientious physical director or play leader should try to get a better balanced program which provides for an equal use of all of these.

Activities of this sort are used for varying lengths of time. In some instances a very brief period of only three or four minutes is devoted to this work and in other instances fifteen minutes, twenty minutes, thirty minutes, forty-five minutes, an hour, and even as much as an hour and a half and two hours is given over to it. When using the shorter period of from ten to twenty minutes the same event or game may be used throughout but if a longer period is used a variety of work is preferred. Changing the type of activity helps maintain the participants' interest.

Equipment

Equipment is a very important factor in the conduct of an all round recreation program. It is possible to carry on a fairly good program with comparatively little equipment but there is no escaping the fact that the more equipment one has the wider becomes the range of activity. The following list of equipment will be found to be very useful:

Medicine balls (4 lb., 6 lb.).
Hurl balls.
Cage ball.
Basketballs.
Soccer footballs.
Rugby footballs.
Volley balls.
Playground balls (12 inch, 14 inch).
Baseballs.

Tennis balls.
Bean bags (6 inches square).
Indian clubs.
Dumb bells.
Wands (3 ft. 6 in. long).
Poles (5 ft. long—sharp at one end).
Skipping ropes (9 ft. long, 3/8 in. diameter).
Rope (100 rope ft. long, 1 in. in diameter).
Jump stands.
Jump stand rope.
Cross bars.
Climbing rope (2 in. in diameter).
Parallel bars.
Adjustable horizontal bar.
Vaulting poles.
Shot (6 lb.—8 lb.—12 lb.).
Bar bell (adjustable from 20 to 80 lbs.).
Hitch and kick.
Spring board.
Climbing wall (8 ft. high, 8 ft. long, 1 ft. thick).
Mats (5 ft. wide, 10 ft. long).
Throwing target (6 ft. high, 6 ft. wide).
Horseshoes.
Rope quoits.
Running track (circumference 60 to 110 yds.)
Swatters (2½ in. in diameter, 18 in. long).
Towels for blinding eyes.
Rope (20 ft. long, ¼ in. in diameter).
Tape (100 ft. long).
Measuring stick (15 ft. long, 1 inch square).
Volley ball nets.
Stop watch.

Of the above material all but the indoor soccer footballs, bean bags, poles, climbing wall, throwing target, swatters, and measuring stick may be purchased from manufacturers of gymnasium, playground and athletic equipment. These may be made locally.

The indoor soccer is constructed by stuffing an ordinary soccer football, basketball or volley ball cover full of small pieces of sponge from one to two inches in diameter and then lacing it in the regular way.

The bean bags should be made from some heavy closely woven material such as ticking, duck or denim. To make the bean bags cut pieces 14 inches by 7 inches square. Fold this into a square and sew all but an inch or two of one side together. Pour in a half pound of beans. Sew up the hole.

The poles may be gotten from any lumber yard. These should be of hardwood about five feet long and pointed at one end so they can be poked into the ground.

The wall should be solidly built with no projections. Three-quarter inch lumber with two-by-fours for support will do.

The throwing target is made out of three-quarter inch lumber with two-by-fours for support. Five concentric circles one foot, two feet, three feet, four feet and five feet in diameter should be drawn on the face of the target. The bottom of the largest circle should be six inches from the ground.

The swatters are made by wrapping a few layers of cloth about a roll of horse hair or excelsior and then tightly sewing a piece of heavy, closely-woven cloth such as duck, canvas, or awning about the whole.

The measuring stick is made of hardwood and marked off in feet, inches and quarter inches.

Lines

In the gymnasium the various permanent lines for volley ball, basketball, playground ball and so on usually serve for boundary lines, starting lines, and so on, but where there is need for additional lines, chalk meets the requirements very well. Outdoors, lime lines are the best, but to put this down for all of the games, races, contests and events used is out of the question. Scratching the ground with a stick in many cases serves very well. In other cases a few poles stuck in the ground at strategic points give excellent results. Poles may be used to mark out playing areas, boundary lines, turning points in relays, and so on. It is not necessary to drive them in the ground so they stand solidly, merely push them in the ground so they stand firmly. Poles one and a quarter inches in diameter, five feet long and sharpened at one end are good for this purpose.

CHAPTER II

CLASSIFICATION OF GROUP GAMES

The field of games is so vast and inter-related that it is imperative to point out first the scope of the present work. The collection covers only that type of play which is now popularly known as group games—games of low organization which can be played by large numbers. Organized games such as baseball, football and basketball, thus are not included. It is further confined to those which are purely athletic in nature; quiet games, guessing games, singing games, dancing games and mixed social games are excluded. And it is still further confined to games which can be played in the gymnasium (or play room, or recreation hall) and the playground (or open country). This leaves out those games which are distinctly of a classroom gender though a great number can be played in the classroom and still others can be slightly modified and so used. Parlor games are also excluded. Winter games necessitating the presence of ice and snow, and water games are also excluded.

Practically every game included here can be played indoors or in the open. A few are played more satisfactorily indoors than out, and reversely a few are played more satisfactorily outdoors than in; but, generally speaking, the games may be played anywhere and under any conditions if the space available is sufficiently large and unobstructed. Where local conditions interfere with a game being played as presented, adjustments may be made to meet the situation. Often local conditions can be used to improve a game. The instructor should by no means ignore this fact.

Girls and Women

All of the games included can be used with men and boys. Most of them can be used with girls and women. There is a distinct tendency at the present time to have girls take part in the more vigorous athletic sports formerly assigned for use with boys alone. From practical experience girls seem to enjoy them quite as well and, with a few exceptions and a few restrictions, are quite as able to play them.

For this reason it is recommended that the same games be used with girls and women. On the other hand there are some games which are particularly adapted for use with these latter groups. Games of this sort are labeled so by affixing the title (girls) after the name of the game. When this name appears though it should not be forgotten that the game is also good for use with boys and men.

The Number of Players

There is considerable difference as to the number that can be used in the various games. Some games have a more or less absolute top limit, others have a more or less absolute bottom limit, some have both top and bottom limits, while a few may be played by any number short of a mob. The number that affords the best playing conditions for each is indicated just after the title by figures as follows: (20-40), (15-60), (10-15). These figures are interpreted to mean that the game may be well played by any number between the given figures. In most cases though a few more or a few less may be satisfactorily used.

Naming the Games

Adopting names for the games has offered a little problem of its own. There are many games which go by different names in different localities. Then there are games which have no popular name—they are just played. In all cases of this sort the principle of using descriptive names has been followed. Where more than one name has been used for a game the most descriptive has been adopted. Where no name has been used a descriptive name has been applied.

It is well known that certain standard games and races are carried on in many countries and sections with local variations so that it is difficult to tell which is the true one. In all cases of this kind the type used in this volume is that which has been considered most fundamental or most popular. In a few cases where the introduction of a variation has practically made a new game, this game has been included. The ordinary variations which are possible with a game, however, are not included. It is felt that the instructor could devise these as he saw fit.

Classification

The classification of group games offers one of the biggest problems with which the compiler has to deal. A casual glance through the literature in this field almost leads one to believe that each writer has a different method. Closer investigation reveals the fact that there are eleven principal methods. These are used in various cases both separately and in combination. They are as follows:

I. According to material used.
    A. Non-equipment.
    B. Equipment.
        1. Ball.
        2. Bean bag.
        3. Stick.
        4. Indian club.
        5. Miscellaneous.

II. According to sex.
    A. Boys and men.
    B. Girls and women.

III. According to age.
    A. Children.
    B. Boys.
    C. Young men.
    D. Old men.

IV. According to school grade.
    A. Lower Grades I to III.
    B. Upper Grades IV to VI.
    C. Junior high school.
    D. Senior high school.
    E. College.

V. According to formation.
    A. Line.
    B. Column.
    C. Circle.

VI. According to place of playing.
    A. Gymnasium.
    B. Classroom.
    C. Playground.
    D. Woods.
    E. Home.

VII. According to type of play.
    A. Continuous.
    B. Team.
    C. Tag.
    D. Elimination.
    E. Individual.

VIII. According to functional activity.
    A. Running.
    B. Jumping.
    C. Throwing.
    D. Climbing.
    E. Lifting.
    F. Combative.

IX. According to athletic significance.
    A. Agility.
    B. Speed.
    C. Endurance.
    D. Skill.
    E. Accuracy.
    F. Strength.

X. According to psychic effect.
    A. Alertness.
    B. Concentration.
    C. Self-control.
    D. Sportsmanship.

XI. According to sense training.
    A. Sight.
    B. Hearing.
    C. Feeling.

The question now arises, should the present collection be classified, and if so, how? We answer the first question by applying the test, would the material be made more useful if classified? Experience says "Yes." How, then, should it be classified. Here again we apply the test of practical utility. From the standpoint of practical usefulness it seems best to use the school grade method. Through this classification the teacher or play leader can merely turn to the class covering the particular group he is interested in and make a ready selection. The games have thus been classified according to this method using five groups—lower grades (I to III), upper grades (IV to VI), Junior high school, Senior high school and College. Experience shows that from the first grade through the sixth grade boys and girls will play together; after the sixth grade they prefer to play separately. The games have been arranged with this fact in mind.

In this connection it should be pointed out that, while the games have been classified in these several groups, a large number of the games will be quite readily played by all groups, and under favorable conditions, many others can be so used. In actual fact, under good leadership practically every game included here can be used with any normal group.

Mature Men and Older Men

It will be noticed that in our classification we have not included a section covering mature men and older men such as is represented by professional and business men's classes. Games of this sort, nevertheless, are exceedingly popular with these groups. Men of this age, in fact, are less fastidious about the games they play than any other group. Any active game that has in it the elements of play will be played with relish. For this reason practically every game included in the collection, excepting some of those especially designed for younger children and a few where physical condition prohibits, can be used with them. On the other hand for the purpose of supplying the new teacher with some "sure-fire" material a few games which are particularly enjoyed by these groups have been assembled under the headings (Mature Men) and (Older Men) in the index.

The Use of "Duds"

A practice has been introduced in the games given hereafter that is original to this work. This is the introduction of "duds." The word "dud" is used in a sense opposite to that of "point." By point we imply an asset; in volley ball, for instance, each point is a positive quality. On the other hand, a point in a game of number ball is hardly an asset, it is a liability; this, then, might be considered a negative point—in other words, a "dud." Considerable use in several fields of work has thoroughly proven the utility of this idea.

Penalties

All so-called "Dud" games involve the payment of a penalty. Following is given the principal penalties which may be used:

1. *Run the Gauntlet.*—Place all of the group but the one penalized (the "Dud") in two parallel lines, five feet apart, the players in each line standing five feet apart and facing in. Place the penalized player at the head of the lines. Have him fold his arms across his chest. At signal, this player, retaining his arms folded and traveling between the lines runs to the opposite end. Each player remaining in his place, beats him over the buttocks with the palm of his hand as he passes.

2. *Beat the Goat.*—Place all of the group but the one penalized (the "Goat") in two parallel lines five feet apart, the players in each line standing five feet apart and facing in. Place the "Goat" at one end of the lines. Have him get down on all-fours. At signal, retaining his position on all-fours, he runs between the lines to the opposite end. Each player, remaining in his position, beats the "Goat" over the buttocks as he passes.

3. *Paddle the "Dud."*—Place all of the group but the one penalized (the "Dud") in a single column—players standing four feet apart, with feet spread. Place the "Dud" at the head of the column. At the signal, the "Dud," traveling on his hands and knees, crawls through the column of spread legs. Each player beats him over the buttocks with the flat of his hand as he passes. Any player intentionally interfering with the "Dud's" progress must take his place at the point of interference.

4. *Hit the "Dud."*—Place the penalized player (the "Dud") standing facing a wall. Establish a short line fifty feet in back of him. This is the throwing line. Place the remainder of the group in back of the throwing line. Give these players a soft ball (playground, basket, tennis). At signal, each player in turn, standing at the throwing line, throws the ball at the "Dud."

5. *Swinging "Dud."*—Place the penalized player (the "Dud") sitting on the knot of a climbing rope. Establish a short line forty feet to one side of the rope—this is the throwing line. Place the remainder of the group in back of this line. Give these players a soft ball (playground, basket, tennis). Swing the "Dud" in a plane parallel to the throwing line. At signal, each player in turn, standing at the throwing line, throws the ball at the swinging figure.

6. *Post "Dud."*—A short post, or a pole or tree (not over two

inches in diameter) is necessary for this form of penalty. Establish a short line forty feet from the post—this is the throwing line. Place the penalized player (the "Dud") at the post, holding the same with one hand. Place the balance of the group behind the throwing line. Give these players a soft ball (playground, tennis, basket). At signal each player in turn throws the ball at the "Dud." The "Dud" may attempt to dodge the ball, but he must always have one hand on the post. If he releases the post in an attempt to dodge or ward off the ball the thrower gets two extra throws.

7. *Spot "Dud."*—Establish a spot one foot in diameter. Place the penalized player (the "Dud") standing on the spot. Give the "Dud" a stick about three feet long—a wand or ball bat will do. Establish a short line forty feet from the spot—this is the throwing line. Place the remainder of the group in back of this line. Give these players a soft ball (playground, basket, tennis). At signal each player in turn, standing at the throwing line, throws the ball at the "Dud." The "Dud" must keep both feet on the spot but may use the stick to ward off the ball. In any case where the "Dud" steps off of the spot to dodge the ball or uses his hands to ward off the ball the thrower is given two extra throws.

8. *Shower the "Dud."*—This form of penalty is merely a variety of any of three previous forms. Place the penalized player (the "Dud") in the stipulated position. Place the balance of the group at the throwing line. Secure all of the soft balls (playground, volley, soccer, basket, tennis) available and give one to each player as far as they go. At signal, acting together, all throw the balls at the "Dud." The balls are recovered and given to players who have not thrown. At signal this group repeats. This continues until all have thrown.

9. A variation that may be added to the ball throwing penalties is that of giving the "Dud" a similar throw at all who fail to hit him.

10. Another variation to the ball throwing penalties is to give any player hitting the "Dud" an extra throw; in other words each player throws at the "Dud" until he misses him.

CHAPTER III

PEDAGOGY OF GAMES

The pedagogy of game leadership is so vast and intricate that an entire volume might be written about it. In keeping with our original principle of making the present work thoroughly practical, however, this will not be taken up in any elaborate manner. Instead the discussion will be confined to matters of the program and the main factors involved in successful game leadership. Under the former the essential considerations in program planning will be covered and under the latter the essential considerations of its conduct will be outlined in the form of practical hints for game leaders. It is not presumed that the whole field has been covered but anyone following the suggestions outlined here will have gone a long way toward achieving success in his work.

The Full Period

Group games are used in two distinct manners; in one case a full period of forty-five minutes or an hour is devoted to this work; in the other case this work is used for part of a period devoted to several types of work, gymnastics, calisthenics, dancing, etc. The practical use of these activities for these two different conditions will be discussed separately, taking up first the case where an entire period is devoted to this type of work—often called the "recreation period," and then the partial period.

The Small Group

When the group is small, from twenty to forty in number, the conduct of the play is comparatively simple—the director can assume personal and immediate control over the entire group and get ready responses and reactions as he chooses. When the group is larger more ability and skill is required. Let us consider the small group first.

Length of Game Period

The first consideration is, how much time should be devoted to it? The instructor must bear in mind that as work may become play, reversely play may become work. Highly organized games, such as baseball, basketball, tennis, cricket, etc., may be played for long periods of time and not lose their interest for the participant but this is not true of mass games—the interest develops to a higher pitch during the course of play, but can be sustained only for a comparatively short period. (I am referring here to a program of purely mass games, or what one of my students called "mob games" and not semi-organized games such as pin ball, bat ball, kick ball, etc.) Forty-five minutes is, with rare exception, the outside limit of a period. Ten minutes, on the other hand, hardly provides sufficient work. A twenty- or thirty-minute period is, in most instances, about the proper dosage. To play hard and fast for a moderate period is far better than to play slow and easy for a long period.

Type of Games Used

The next problem which presents itself is, what games shall be played? In the first place, owing to the fact that this activity is usually considered to be part and parcel of physical education—using this term in the broad sense—we should emphasize games which involve the whole group rather than those which involve a selected few. And secondly, subvertive to the end of giving the players a good workout, the more vigorous games should be predominant though less vigorous games may be used. The average class prefers the more vigorous games anyway.

Also, in-so-far as practicable, select games which require as little change of formation as possible. It is sheer waste to use a circle game, then a line game, then a double circle game and then a relay race. The time involved in taking new formations is far better spent in active engagement in play. Three formations should be the limit and two would be far better.

Likewise make the selection so there will be as few changes of apparatus as possible. To distribute and collect different materials for each game is an uneconomical expenditure of time. It will be found quite practical to use balls one day, sticks another, Indian Clubs another and so on. A good plan to follow is to use two or three non-equipment games and then introduce the equipment games or reverse the process.

Number of Games to be Used

How many games should be used? A few are preferred to a large number. By using a small number of games instead of a large number we save all of the time which is of necessity wasted in getting the class in formation and giving the instruction for the extra number of games we cut out. This gives us more time for actual playing. To fill in the desired period of time continuous games may be replayed several times with slight variations, team games may be replayed and elimination games may be replayed. Six games with their variations should be enough for a full forty-minute program.

Order of Playing the Games

Is there any preferred order for playing the games? As a general rule it is best to have the first game as funful as possible. This will serve to "break the ice," so to speak, and enthuse the participants for the rest of the program. After that it is best to play games requiring order and organization, provided of course games of that sort are used, and close with those requiring little or no organization. As the game period gets under way class control gradually breaks down; for this reason it is best to play the games in the order mentioned.

Preliminary Arrangements

With the program in mind the next problem facing the play leader is that of making the preliminary arrangements. This may involve securing equipment and placing it where it will be handy for use when needed, marking lines, establishing play areas and clearing the field of action. Everything that can be, should be arranged before the program is actually started so there will be as little delay as possible once it is under way.

When everything is ready assemble the players in line and introduce the first game. When this has been played sufficiently long introduce and play the second. Continue thus until the program has been completed.

The Large Group

So much for the small group. Conducting a large group, from sixty to a hundred or two hundred, or even more, is considerably more of a problem requiring skilled leadership and capable assistants.

One particular advantage of group games is that they may be engaged in by practically any number from twenty to a thousand. The number is only limited by the space available and the skill of the instructor. The average instructor can handle a medium-sized group (fifty to one hundred and fifty), but it takes an expert to handle a large group of two hundred and over. Capable assistants are always helpful, but they are almost a necessity with these larger groups, although I have seen one exceptional instructor direct and control over nine hundred men with no assistance whatever.

Break Large Group into Units

A large group of fifty or more is best handled by breaking it up into smaller units. Any number from ten to forty may be used for the unit but a medium sized group will be found the most acceptable. For all-round purposes, twenty is the most satisfactory group unit. For team games, two units of this size afford good competition; for the average continuous game, units of this size or multiples of it will likewise be found satisfactory; and for the relay races, which are so often used in connection with a program of this sort, twenty makes a good sized team. The advantage, then, of organizing the group into units of this size is that once they are established, the entire recreational period can be carried on with them, thereby saving the time involved in establishing new units for each relay or game.

The following method of establishing units will be found to be very satisfactory. First line up the men and count them. Then decide upon the size and number of units to be used. This varies with the number of players at hand, if there are forty, two units of twenty men each for all games; if there are sixty, three groups of twenty or four of fifteen; if there are one hundred, four units of twenty-five or five units of twenty; if there are one hundred and fifty, six units of twenty-five each; if there are two hundred and forty, eight units of thirty each. In other words, as the total number increases, increase both the number of units and the number in the units. If in any case there are a few players left over use these for officials and assistants. Let no one sit on the side lines.

Have a Leader with Each Group

Having decided the number and size of units, the next task is to arrange the men as quickly as possible in position for the first game or relay race. This can be done very effectively in the following way: First pick out of the whole group men who have the most "pep" and natural leadership, one man for each unit; these men will act as unit leaders. Then divide the group into the predetermined units and assign one leader to each. In most of the games it is best to have the leaders coach and not participate. It is their task to teach new games, help maintain order, stimulate enthusiasm and see that the players observe the rules of play.

How to put Units in Position

The quickest and most effective way to arrange the units in position for a game is as follows: Place a central or demonstrating unit in the desired position. Experience has shown that the best method for placing a unit in formation is to tell the players where and how you want them, and then have them "fall-out" and "fall-in" in the desired positions "double time." When this is done with one unit, point out to the unit leaders where the other units are to be placed and then have them lead their men to the various positions. Always place the units as close together as convenient and about the central or demonstrating group. If the unit has a short distance to move the most effective way is for the leader to put the group into a column formation fall-in at the head himself and, using the command "Follow-me," lead the column on the run to the desired position. Upon reaching the new position, he halts them and directs them into the formation desired. This method is far superior to the old, correct marching method so dear to the heart of the stern disciplinarian.

How to Teach Games

With this accomplished, ask the unit leaders to assemble on the borders of a centrally located unit. Require the others to keep their respective positions and watch the teaching of the new game. Proceed then to teach the new game to the central unit—the leaders and others watching. After the game has been taught and correctly played instruct the leaders to return to their units, teach the new game, and start playing at once. If the players of the outside units have watched the central demonstration attentively, very little instruction will be necessary. The instructor should thereafter circulate among the various units advising the leaders, answering questions, and correcting faults in the play. If any serious defect makes its appearance with several units after they have started playing, stop all of the games (use the whistle) and make the necessary corrections. This is more efficient than attempting to correct each one separately. When the game is finished or played sufficiently stop it.

Introduce and play the second game as the first game was introduced, remembering to get it under way as soon as possible. Also stop it while it is still "going strong." The third, fourth, fifth and other games if more are used should be introduced, carried on and stopped in the same way.

By the above method an instructor can direct a great mass of men in play without having given any previous instruction. If it is possible the process may be much simplified by teaching the games to the unit leaders beforehand; in this case all that the instructor needs to do is to supervise the positions of the units, blow the whistle, call out the game to be played and the leaders do the rest.

Games are taught to large groups exactly as they are to small groups. The one thing to keep in mind is that it is better to use simpler games with large groups; they are much easier to introduce and control.

The Partial Period

As mentioned in the beginning, the activities dealt with here are used in two manners. One of these cases, where the entire class session is devoted to this type of work, has been dealt with. The other instance, where but part of the session is devoted to this work, will now be briefly discussed.

The first question that arises is, at what point in the program shall we introduce this work? The answer is: at the end of the period. If the recreational work is placed at the beginning or in the middle of the session it is extremely difficult to get the class in a mood to do something which is more organized and serious. Group games represent the dessert and not the entrée or main course in our Physical Education program.

The number of games or relay races to be played, of course, depends largely on the amount of time available. As a general rule, however, but a few minutes are allotted and this automatically permits the introduction of but one or two.

What shall we play? This depends somewhat on local conditions, involving the group playing, the playing field, the equipment at hand, etc. As a general rule, however, if the group takes a shower after the exercising, it is best to introduce a vigorous game or relay in order to produce a healthy organic reaction. On the other hand, if the players are exercising in their street clothes and do not go to the shower, afterward, an excessive perspiration should be avoided. In this case games which are only moderately vigorous should be chosen.

Practical Hints for Play Leaders

1. The principal factor in successful game leadership is making the play continuously snappy and vigorous. Each event on the recreational program should be introduced as briefly as possible, carried on with all possible speed and then immediately terminated. The instructor should stimulate the class to greater effort constantly. A hustling attitude combined with a spirit of enthusiasm will do a lot toward producing the desired results. Games or races which are allowed to drag along are not alone uninteresting in themselves but undermining to class morale.

2. Develop the spirit of play; avoid the idea of work. This may be done by making the events as interesting and as funful as possible, rousing enthusiasm, stimulating the spirit of competition, and keeping things lively. Recreational activities carried on in a cut-and-dried manner are as uninteresting and as distasteful as poorly conducted formal exercising.

3. A general condition of order should be maintained. It is faulty to tolerate disorder in conducting mass recreational activities and it is equally faulty to hold the class in rigid discipline. A happy medium between these two extremes is the situation desired. In this connection it is well to have the various units or individuals taking part assigned to more or less definite localities and then see that they remain there. Responsibility delegated to natural leaders is helpful here.

4. Halt all "horse-play" at its first appearance. Every class has a few boisterous souls who are given to "cutting capers." This sort of thing is wholly inimical to successful work. It is very infectious and may in a very short space of time involve a large portion of the class. It distracts from the game, race or contest in issue and thus detracts from the real success of the program. For this reason horse-play should be definitely throttled in its infancy. It should be remembered though that usually "horse-play" is a first rate indication of faulty leadership; if interest and enthusiasm is maintained it is not liable to make its appearance.

5. Huddle the players and groups together as close as practical playing conditions permit. It will be found that the players become more enthusiastic and get much more fun out of playing this way

than when they are spread out all over the field. On the other hand do not jam them together so close that confusion results; they should be far enough apart to permit of a proper playing of the game but no farther. This is a principle of mass psychology recognized and used by stump speakers, street fakers, song leaders, side show bally hoos, and others interested in getting mass reaction which can be well used to advantage by play leaders.

6. Always insist on fair play—enforce the rules. It is a huge mistake to tolerate unfairness. By allowing one or two individuals to "get away with" unfair play others quite naturally follow their lead and soon the whole group is cheating. This only makes for confusion and eventually ends in chaos. It is ruinous to the conduct of a good play program. Besides, all of the arguments favoring good sportsmanship are behind this method of conduct.

7. Keep things moving for the entire play period. Characteristic of all of the successful play programs that I have witnessed is the condition that the work has been continuous without halt throughout the period. Each game is carried on with snap and vigor and as soon as one event is finished a new one is introduced or it may be the old one is replayed. By allowing the class to rest, the players get cool, enthusiasm dies, and the class is disposed to lag. The time taken for reforming and making explanations is ample for resting. It is much easier to maintain a relatively high degree of enthusiasm and spirit throughout the period than it is to awaken it after every event. Thus it is better not to give the class a definite rest during the play period.

8. "Kill" a game before it becomes "dead." Perhaps the most pitiful thing on the playground is the carrying-on of a game that has lost all interest to the players. The weather, the disposition of the class, the leader, the nature of the game itself all combine to determine the period of time a game will hold interest. With this in mind an instructor should watch the progress of a game and stop it before interest has completely died. Allowing a game to die out in this way is not only detrimental to class morale but leaves a bad taste in the players' mouths; the carry-over effect is negative rather than positive.

9. To introduce a game, contest or race, name it, put the class in formation to play it, explain it, demonstrate it, ask for questions, and then start it. This is by all means the best order of procedure. If the game has been played before, naming it conveys to the class the formation that is required, the rules of the game and so on and

thus facilitates its introduction. It is always best to put a class in formation to play a game before explaining it because the explanation is much simpler and similarly much more intelligible. By giving a brief demonstration the general method of procedure is clearly outlined. Then by inquiring of the class "Are there any questions," hazy points may be cleared up and conditions are ready for starting.

10. Put the group in formation for an event with all possible speed. Some instructors, slaves to formality and discipline, go through all the forms of numbering off the players, having them march to their places, and so on. Then there are others who through lack of any method spend great periods of time getting the players in place. The first is altogether contrary to the spirit of play while the second is purely wasteful. A happy medium should be sought. Where several groups are to be placed, appoint leaders to take each to its place and form them. All movements should be made at double time.

11. When explaining a game be clear, talk briefly and to the point. Most instructors talk far too much in explaining a game. The group is in a humor to play, "to be at it," so long, detailed descriptions are futile. Rather than aid they confuse. Describe in the fewest words possible what is to be done and what is to be avoided. Drive home the main facts and let the lesser details take care of themselves.

12. Never attempt to explain anything until quiet and attention are absolute. If quiet does not exist some of the players may not hear and thus will not understand what is to be done. This necessitates another explanation. If the attention of a few is missing the same situation exists.

13. In demonstrating a game have one or two players go through the fundamental processes. In some cases several may be used to do this and in others the entire group may be put through. A good demonstration is far more helpful in teaching a game or contest or race than an explanation. In many cases the two may be well carried on together.

14. By asking for questions hazy points are readily cleared up. It often happens that after an event has been explained and demonstrated there are a few points which the instructor has overlooked or which the class has not totally grasped. Asking for questions brings these out. Some instructors make a mistake here by replying so only the questioner can hear. If a certain point is not clear to one member it will most likely be hazy in the minds of several others.

Therefore it is best to answer all questions so all of the group can hear. Quiet and attention are essential at this time also.

15. Once the players know the event start it without delay. Never give the caper-cutting players a chance to get started.

16. Minor faults in play may be corrected while the game is in progress. Often after an event has been started minor errors will be noticed. By hustling about the instructor may correct these while play is continued. Whenever this is possible this should be done.

17. If an event is going badly stop it, iron out the difficulties and then restart it. Occasionally through faulty explanation, faulty organization or bad behavior on the part of a few members an event will be very faultfully played or get totally out of hand. When this happens an attempt to adjust matters by violent measures while the play continues merely adds to the confusion and is generally futile. It is far better to stop it at once and start over from the beginning.

18. Complete all preparations for an event before starting to introduce it. If boundary lines, starting lines, finishing lines or other lines are necessary have them established beforehand. If apparatus is to be used have this in place also. If balls or clubs are to be used have this material handy and ready for distribution as soon as the group is in position to receive it. It is a mistake to run in to the office after balls and chalk or whatever is needed and to mark out lines and do other similar acts during the course of play. Brook as few delays as possible once the period has started.

19. Train the players to "Stop, look and listen" instantly upon the blowing of a whistle. This is an excellent practice in conducting a play program; it makes for efficiency. The whistle may be used this way to get attention to explain a game or it may be used to halt a game that is going badly. Care should be taken to insist on compliance every time it is used or the players will eventually ignore it. Likewise if used too frequently it will be disregarded. It is also handy to start a game and stop it too, with a blast from the whistle.

20. Know a game thoroughly before attempting to teach it. This may seem platitudinous but it is nevertheless frequently disregarded. Anyone who does this though is decidedly a poor teacher and is not doing justice to himself, his class nor his profession.

21. Arrange to have everyone present participate in some way. Frequently in gymnasium classes there will be a member or two who is physically incapacitated from taking active part in the play. Use these members for judges, timers, markers, and so on in any way

that may be devised. It is better to keep them busy than to have them idly stand on the side lines.

22. Most games may be modified to meet the equipment available. Some games are perhaps best played with the prescribed equipment, but almost all games may be modified a trifle so they can be well enjoyed with other equipment which is at hand. All balls are more or less interchangeable. Sticks and stones may be substituted for bean bags. Lines may be widened, narrowed, lengthened and shortened. Circles may be made larger or smaller. The thinking play leader can adapt his games to almost any situation.

23. The introduction of slight variation helps maintain interest and enthusiasm. After a game or race has been played once or twice it may have lost interest. In many cases a slight variation will produce renewed enthusiasm and in this way may be carried on again and again. One game may be used in this way for an entire play period with excellent results.

24. In team games and relay races, especially encourage losing teams. Losing teams tend to lose heart and in many cases absolutely give up. Through encouraging and stimulating such teams we maintain competition to the very end and thus provide more interesting play for all concerned. Winning teams do not need outside stimulation; being ahead provides all that is necessary.

25. All recreational activities should be carried on with complete relaxation; let the players shout all they want; semi-order is the only limitation. Games and races may be carried-on with shouting and noise forbidden but not with enthusiasm.

26. Men finishing a relay race or eliminated from some game should be required to fall in some formation or take a more or less definite position on the floor. This should be done in the interest of order and class control. If these players are not placed thus they tend to encroach on the field of play and interfere with the game. Besides through running around freely they block the vision of the other players.

27. Where lines or limits are used establish them as definitely as possible so there can be no mistake. Poorly defined lines or limits may cause confusion among the players and may even ruin a game.

28. Every unit or team should have its own leader or captain. This is very desirable from the standpoints of class control and efficient conduct. When possible select pupils with natural leadership ability for these places. Each leader should be made responsible for the conduct of his unit. It is much easier to control a mass

through delegated responsibility of this sort than to try to do it all alone.

29. Before starting a team game make sure that the teams have an equal number. The most efficient way of determining this is to instruct the leaders to "Count your men." When this is completed ask each leader separately "How many?" If the teams are not even adjustments should be made. To the uninitiated this may seem unnecessary after one counting. Practical experience proves otherwise. Someone is forever getting hurt and sitting down in back, or getting into the wrong team, or getting tired and slipping out. To conduct a game or relay and discover at the end that there are differences in team sizes is a sign of poor leadership. Prevent this by counting before starting.

30. In team games where there is a mingling of players mark one team well so the players of each may be readily identified. If this isn't done players of a team will unknowingly compete with each other and scrambled chaos results. The following procedures have been found successful; have one team remove hats, place handkerchiefs about the arm or remove shirts.

31. In games which require marking of any sort (marking the players' position, marking a performance and so on) the following are suggested: Indoors, chalk is the most satisfactory. Outdoors the ground may be scratched, holes may be dug, large stones may be placed, sharpened sticks may be shoved in the ground or hats may be placed.

32. In games having boundary lines, always make the rule that anyone running out of bounds becomes "It," is eliminated or otherwise pays a penalty according to the character of the game. If this is not done there is likely to be considerable over-stepping of the boundary lines which in time may have a serious effect on the order of the class.

33. For the sake of variety and interest appoint players who have a birthday or have experienced some other special event to be "It" or to be a leader in some other capacity in the play.

34. When throwing games are played out-of-doors use balls that will not roll far. When balls that roll long distances are used the game suffers from too many prolonged interruptions while the ball is being recovered. Medicine balls, volley balls, soccer balls and basketballs are better than tennis balls, and playground balls. If a solid fence or wall is available see if the game can't be modified so the throws are made against it.

35. After a game has been started note whether it could be improved or not through the introduction of slight changes. In the relays are the lines too far apart or too close together; in tag games is the playing area too large or too small; in circle games is the circle too large or too small: would it be better to have two "Its"? By making slight alterations an event may be improved immeasurably.

36. Team games on occasion may be given added interest by having the team arranged on the following bases:

1. Talls, shorts, mediums, etc.
2. Fats, thins, mediums, etc.
3. First half of alphabet, second half, etc.
4. Uglies, handsomes, indifferents, etc.
5. Bow-legged, knock-kneed, straight-legged, etc.
6. Hook noses, snub noses, straight noses, etc.
7. North siders, south siders, west siders, east siders, etc.
8. Blonds, brunettes, greys, etc.
9. Curly haired, straight haired, bald beaded, etc.

37. Look for backward, reticent members and get them into the game. In any group there are usually one or two or more who, through self-consciousness, timidity, natural backwardness or disinterest, do not get into the real spirit of play. The instructor should look for these unfortunate individuals and try to get them actively interested in the game. A word of encouragement, a sense of responsibility and a little success will work wonders.

38. In introducing a new game, which may be a trifle complicated, choose more clever members to take the active parts at first. Duller members will "catch on" and may take active part later. This facilitates the teacher's work.

39. The instructor should occasionally get into the game himself. It is not necessary or advisable to play with the group all of the time and it is a mistake not to play at all. By taking part in the first game the instructor can enthuse the group. Then he can drop out and the class will more or less go forward on its own momentum. By taking part himself he can encourage the more timid members. Playing on weaker teams in the relay races and team games always produces good results; the team he joins is greatly stimulated and the other teams enjoy "beating the instructor." To play all of the time with a schedule of five or six classes a day as many instructors have, however, is physically impossible and should not be attempted.

CHAPTER IV

GAMES FOR THE LOWER GRADES

Aisle Ball (20-40)

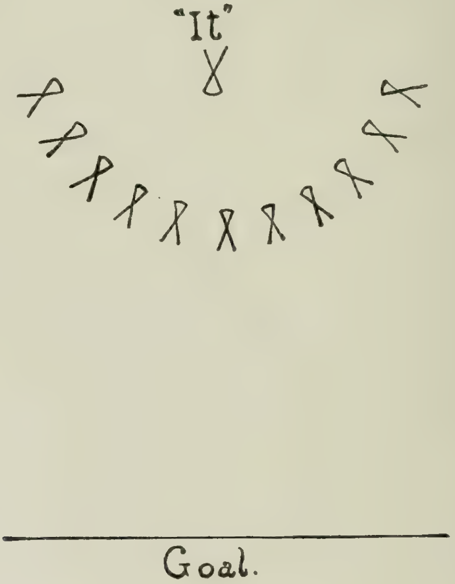
Have all of the children stand in the aisles beside their seats. Give one of the children a bean bag or a soft ball (tennis ball, play ground ball). At signal the player with the bag calls the name of some player in one of the adjoining aisles and tosses the bag to that player. This player catches it, calls the name of one of the players in an adjoining aisle and tosses it to that player. In this manner the ball is tossed about. Each pass should be made with an underhand throw and only to players in the immediately adjacent aisle—either left or right. Any player dropping the bag or making a very poor pass secures the bag and tosses it to another player and then goes to the foot of his row. The players in this row move forward one place to fill the gap created by the player who went to the rear. The desirable places are, of course, at the head of each row. This game may be varied by having every other row face to the rear; also by allowing the players to toss the bag two or three rows away. Two or three bean bags may be used in this game.

Cat and Mice (12-30)

A post, tree, desk or chair is necessary for this game. Establish a line thirty feet in front of the post—this is the safety line. Place all but one of the players behind the line—they are "Mice." Appoint the extra player "Cat" and place him behind the post. At signal the "Mice" approach the post and scratch on the side nearest the safety line. When he wants to the "Cat" steps out from behind the goal and chases the "Mice" who run for the safety line. "Mice" tagged by the "Cat" before they reach the safety line become "Kittens" and join the old "Cat" behind the post. At signal the "Mice" approach the post and scratch on it as before. This time the "Kittens" assist the "Cat" in catching "Mice." The "Kittens" must stand behind the "Cat" at the post and not run forward until the "Cat" gives the signal. In this manner the game continues. The last "Mouse" caught is the "Cat" for the next game.

Boiler Burst (12-35)

Establish a line thirty feet long—this is the goal. Arrange all of the players but one in a semi-circle thirty feet from the goal, players facing in with their backs toward the goal. Appoint the extra player "It" and place him in the center of the circle. At signal "It" starts to tell a story either one that he makes up or an old familiar one. At any point he chooses, the story teller says "And the boiler burst," upon which all of the players run for the goal; "It" runs after them attempting to tag one. Arriving at the goal the runners are safe. Any player tagged by "It" before reaching the goal becomes "It" for the next game.



Cat and Mouse (16-30)

Arrange all but two of the players in a ring holding hands. Of the two selected players appoint one "Cat" and place him inside of the circle: appoint the other "Mouse" and place him outside of the circle. At signal the "Cat" attempts to get outside to tag the "Mouse"; he may break through the arms, crawl under the arms or climb over them. The players in the circle should attempt to prevent the "Cat" from getting outside of the circle to tag the "Mouse." If the "Cat" does break through, they should let the "Mouse" in and keep the "Cat" out. If the "Cat" catches and tags the "Mouse" the two immediately reverse offices. The game is made more interesting if the players in the circle let the "Cat" through occasionally. The "Cat" and "Mouse" should frequently be replaced by players from the circle—both should be changed at once.

Clasp Tag (12-40)

This game is played the same as ordinary tag with the exception that all of the runners and "It" clasp their hands behind their backs, and "It" must tag the runners with his hands clasped in this position.

Changing Seats (20-40)

The children are seated in the school-room seats. The "Instructor" calls "Change Front," "Change Rear," "Change Left," "Change Right" at irregular intervals, mixing them up so the children are taken unawares. On each command all shift as directed. Those who are forced out of the seats at the front, rear, or sides run to the opposite ends of the room and take vacant seats there. Each change should be made with all possible speed.

Come with Me (10-30)

Arrange all but one of the group in a circle—players standing at four-foot intervals, facing in. Have each player mark the place where he is standing. To do this use a large stone, dig a hole, or make a circle. Have each player sit down at his place. Appoint the extra player "It"; give him a short stick and place him in the circle. At signal he starts walking about the circle as he pleases, stopping in front of players as he chooses. Rapping his stick on the ground three times in front of a player he says "Come with Me." Players addressed in this manner rise and fall in the column behind "It," each player putting both hands on the shoulders of the player in front. When "It" chooses (he may have four, five, eight or ten players following him) he calls "Going Home" upon which all break to secure a position. The player who fails to secure a position becomes "It," and at signal takes up the duties of this office.

Comic Tag (12-40)

Scatter the players over the playing area. Appoint one player "It." "It" (or the Instructor) sets a comic method of standing. The game is otherwise played like ordinary tag excepting that "It" can only tag players who are standing in the position he has set. The other players should not run about much but should tantalize "It" by assuming the comic position. Each succeeding "It" sets a new comic position.

Drop the Handkerchief (15-30)

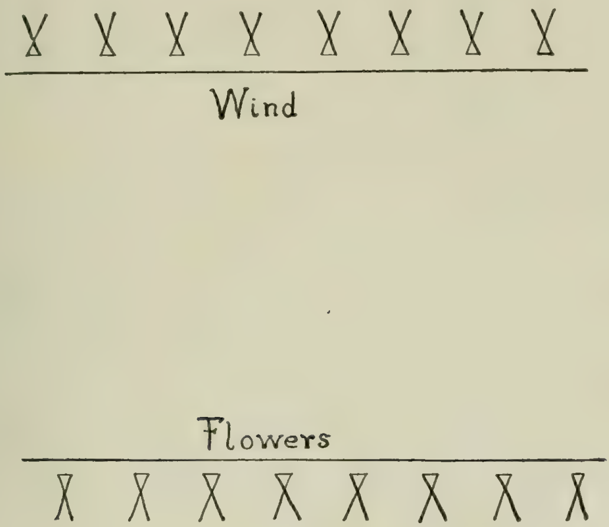
Arrange all but one of the players in a circle standing at normal intervals and facing in. Appoint the extra player "It"; give him a handkerchief and place him outside of the circle. At signal "It" runs around the outside of the circle and when he chooses, drops the handkerchief behind the feet of some player and continues about the circle. The player behind whom the handkerchief was dropped picks it up and runs around in the opposite direction. The player who reaches the gap first steps into it; the other player becomes "It," runs around the circle and drops the handkerchief behind another player. In this way the game continues.

Find the Object (20-40)

The children sit at their seats. Select a small object such as a coin or a piece of colored chalk to be hidden. Have all but one child leave the room. The child left in the room hides the object in plain sight; that is, it must be visible without moving anything. At signal the other children return to the room and hunt for the object. As each child finds it he continues hunting for a moment so as not to give its hiding place away, and then returns to his seat. This continues until all have found it. The child who found it last is the "Dunce" and must remain in his seat during the next hunt. The child who found it first hides it for the next game.

Flowers and the Wind (16-40)

Establish two parallel lines forty feet long and thirty feet apart. Divide the group into two teams of equal numbers—one team is the "Wind," the other team "Flowers." Place the teams in line on opposite base lines. The "Flowers" secretly choose the name of some common flower. At signal they walk forward and stand in line just in front of the "Winds" line. The players in the "Winds" line start naming various flowers. When the name selected by the "Flowers" is mentioned the "Flowers" run for their base line; the "Winds" run to tag them. Any "Flower" tagged is taken as a prisoner back to the "Winds" line and is temporarily out of the game. The teams assemble in their original places, the "Flowers" take a new name and at signal the game is continued. When half of the "Flowers" have been caught the game is over. The "Flowers" who have been held as prisoners return to their team; the two teams reverse offices and a new game begins.



Frog in the Sea (10-40)

Mark a spot about one foot square on the floor. Appoint one player to be the "Frog" and place him sitting tailor-fashion (with legs crossed) on the spot. The other players stand about him just out of reach. At signal the players tantalize the "Frog" by dancing toward him and calling "Frog in the Sea, can't catch me" and at the same time try to avoid being tagged. The "Frog" must retain his sitting position but tries to tag one of the tantalizing players. Any player tagged by the "Frog" becomes the "Frog." The old "Frog" joins the players; the new "Frog" sits on the floor and the game continues.

Garden Scamp (12-25)

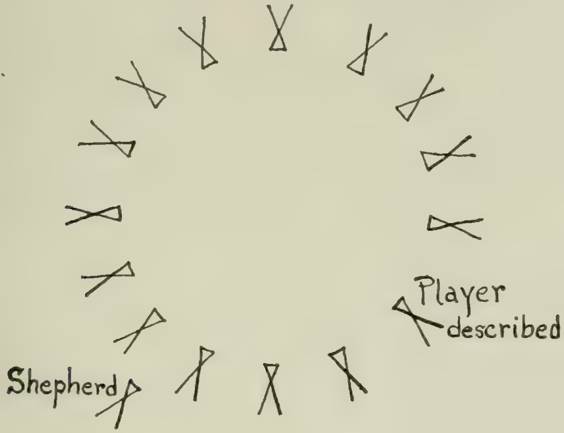
Arrange all but one of the players in a circle twenty feet in diameter, players facing in. Appoint the extra player "Gardener" and place him in the center of the circle. At signal the "Gardener" points at a player in the circle and says "Who let you into my Garden?" The player pointed at says "Nobody" and runs. The "Gardener" chases him. The "Scamp" runs about the circle as he wishes performing various stunts such as crawling through a player's legs, doing a forward roll, running on all fours and so on. The "Scamp" may go outside of the circle, but must stay within five feet of it. The "Gardener" must do each stunt the "Scamp" sets. This continues until the "Scamp" is tagged. Upon being tagged the "Scamp" becomes "Gardener" and takes position in the center of the circle. The old "Gardener" takes position in the circle and at signal the game continues.

Grand Mufti (15-40)

Arrange the class in open formation. The Instructor stands in front and goes through various movements. As she does each exercise she says, "Thus says the Grand Mufti," "So says the Grand Mufti," "Do this says the Grand Mufti," or something similar. Exercises which are accompanied by the statement "Thus says the Grand Mufti" should be executed by the players. Exercises which are accompanied by other statements should not be executed by the players. Players who move at the wrong time are eliminated and sit on the floor. This continues until all are eliminated. The last player eliminated is the winner.

Have You Seen My Sheep? (10-25)

Arrange all but one of the group in a circle twenty-five feet in diameter, facing in. Appoint the extra player "Shepherd" and place him outside of the circle. At signal the "Shepherd" walks around the outside of the circle, taps a player on the back and says, "Have you seen my sheep?" The player addressed asks, "How was he dressed?" The "Shepherd" then proceeds to describe some other player in the circle saying, "He has a black tie, tan shoes, a striped suit on," and so on. The player addressed, looking around the circle, tries to guess the name of the player described. When he guesses correctly the "Shepherd" says, "Yes." The player addressed then starts running around the circle, attempting to catch and tag this player. The player described runs around the circle attempting to get back to his place before he is tagged. The player who succeeds in his effort becomes "Shepherd." The old "Shepherd" joins the circle and at signal the game continues.



Hide and Seek (12-30)

A playing area that provides hiding places is required for this game. Assemble the group in the center of the playing area. Appoint one player "It." At signal "It" covers his eyes with his hands and the other players run and hide. After a short space of time "It" calls, "Coming" and starts looking for the hiders. When "It" spies a hider he calls, "I spy——." This player becomes "It" for the next game. All of the players return to the center and at signal the game is restarted.

High Windows (15-30)

Arrange all but one of the group in a circle standing at three-foot intervals, facing in, and holding hands. Appoint the extra player "It" and place him outside of the circle. At signal "It" runs around the outside of the circle, tags a player on the back and continues running around the circle. The player tagged releases hands and runs after him attempting to catch and tag him. On the completion of the second circuit if "It" has not been tagged by the chaser the players raise their arms and yell "High Windows"; "It" runs under the uplifted arms into the circle and becomes free from tagging. In this case the chaser becomes "It." If "It" is tagged by the chaser before he is admitted to the circle he remains "It." In either case the player "It" runs about the outside of the circle and tags another player. In this way the game continues.

Hunt the Key (15-30)

Arrange all but one of the group in a circle, players standing close together, facing in. Appoint the extra player "Hunter" and place him in the center of the circle. Secretly give one of the players in the circle a key, pebble or some other small object, that can be concealed in the hand. At signal the players in the circle raise their hands in front and pass the key about. All of the players keep shifting their hands as though they were passing the key, to mislead the "Hunter." The "Hunter" watching the hands tries to locate the key. When he chooses the "Hunter" calls the name of some player who must open his hands at once. If this player has the key he becomes the "Hunter" and the two players change positions; if this player does not have the key he continues his search, calling other players until he locates it. In this way the game continues.

Jack be Nimble (12-30)

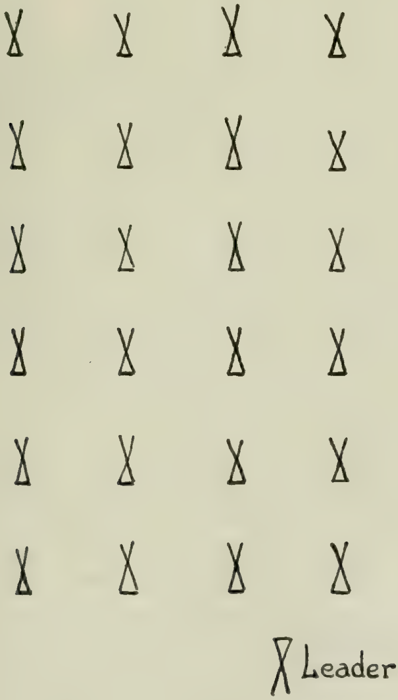
Place an upright object to represent a candle in front of the room. Place the group within fifteen feet from the object. At signal the players, moving forward one at a time, leap over the object and reform in column on the opposite side of the room. As each runs forward to jump over the object each repeats the nursery jingle "Jack be nimble, Jack be quick, Jack jump over the candlestick." When a child knocks over the candle the players halt for the moment until the one who knocked it over sets it up.

Last Man (16-36)

The children are seated at their desks. All of the seats in each row playing should be filled. Select two extra players. Appoint one "It" and place him in front of the room. Appoint the other player runner and place him in back of the room. At signal "It" chases the runner attempting to tag him. The runner may come to the front of the room, stand in front of a row and call "Last Man." Each player in that row moves back one seat and the runner slides into the front seat. The player in the last seat forced into the aisle then becomes the runner and "It" takes after him. If "It" tags the runner the two change offices and the game continues. Note: two "Its" and two runners may be used.

Leader Ball (14-40)

Have all but one of the children stand in the aisles beside their seats. Appoint the extra player "Leader," give him a bean bag or a soft ball (hand ball or tennis ball) and place him in front of the room. At signal the "Leader" calls the name of one of the players and tosses the bag to him. The player called catches the bag and tosses it back to the "Leader." The bag should not be thrown, but tossed with an underhand swing. The "Leader" continues to toss it to other players, mixing up his throws as much as possible. Any player who drops the bag or makes a throw that is palpably poor, goes to the foot of his row—the players in that row move up to fill the gap he created. If the "Leader" drops the bag he exchanges places with the player who threw it; if he makes a bad throw he exchanges places with the player to whom he made the throw. In this way the game continues. Note: two or three "Leaders" may be used.



Midnight (12-30)

Establish a line thirty feet long—this is the base line. Establish a circle fifteen feet in diameter, twenty feet in front of the line—this is the Den. Place all but one of the players on the base line. Appoint the extra player "Fox" and place him in the Den. At signal the players on the line advance toward the "Fox," now and then asking, "What time is it, Mr. Fox?" If he says "Four o'clock," "Half-past two," "Moon," "Twilight," "Bed Time," "Six-thirty" or something similar they continue to approach him. The Fox may walk about in his den as he wishes. He should try to draw the players as far from the line as he can. Finally, in answer to a question he says "Midnight," upon which all run for the base line. The "Fox" chases them, attempting to tag one. Arriving at the case line the players are safe. Any player tagged by the "Fox" becomes the "Fox" for the next game. If the "Fox" fails to tag a player he remains the "Fox." In this manner the game continues.

Moving Day (15-40)

Two adjacent rows play together. The seats are houses. Have one child sit in each of the seats. If there are any empty seats mark them as "Haunted"—thus they become permanently empty. Appoint an extra player "It." "It" walks up and down the street between the houses. At signal the residents along the street change houses. "It" tries to get into one of the vacated houses. When "It" gets a house the player left without one becomes "It." The new "It" takes up his duties at once and the game continues. Several pairs of rows may play this game at the same time. Appoint one "It" for each two rows. All change on the same signal.

Music Rush (12-40)

Arrange the children around the outside of the room facing to the right. Appoint one child "Leader." At signal all march forward following the leader. At the same time the Instructor plays a march on the piano. The "Leader" leads the column of marchers up and down the aisles and around the room as he wishes. All must follow. Suddenly the music is stopped. All rush for their seats. The first player securing his seat leads the next march; the last player to secure his seat is the "Dunce" and must remain there during the next march. The same player cannot be "Leader" twice in succession. This game may be used by having the children sing; all rush for their seats on the last word of the song. The phonograph may also be used.

New Orleans (16-40)

Establish two parallel lines thirty feet apart. Divide the group into two teams of equal numbers and place each in line on opposite lines. Have team "A" decide upon some action it will represent such as sawing wood, washing clothes, shoveling dirt and so on. At signal team "A" walks forward to a point near team "B." As they approach team "B" the following dialogue takes place:

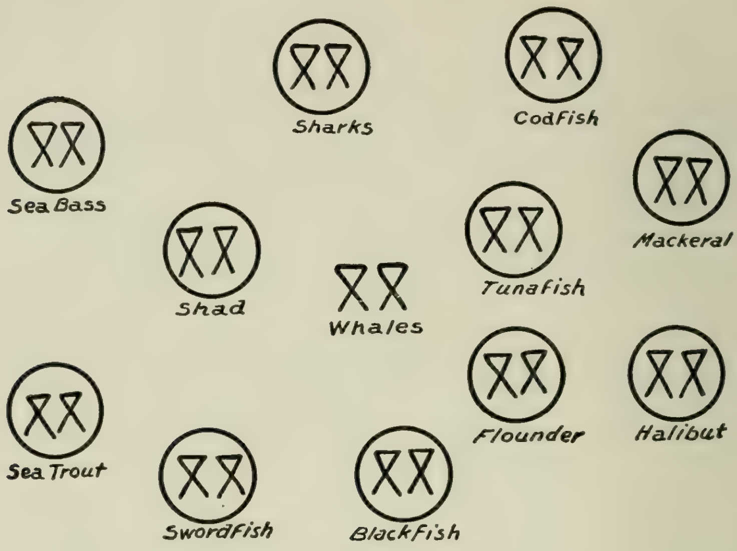
"A" Here we come.
"B" Where from?
"A" New Orleans.
"B" What's your trade?
"A" Lemonade.
"B" How's it made?

The players of team "A" then, standing a short distance in front of team "B," go through the motions of their trade. The children of team "B" try to guess the trade. When someone guesses correctly team "A" runs for its base line—here they are safe. Team "B" runs after them attempting to tag them before they reach the line. Players who are tagged join team "B." The two teams return to their original positions, reverse offices, and repeat this performance. The two teams continue to alternate in this way until one team has been reduced to half; the other team wins.

The Ocean is Stormy (16-40)

Arrange all but two players in pairs in scattered positions about the playing area. Have each pair draw a circle three feet in diameter about their position. Have each pair join hands and secretly choose the name of some fish. Appoint the extra players "Whales" and place them in the center of the playing area holding hands. At signal the "Whales," continuing to hold hands, walk about the playing area calling the names of fish. Each pair that has the name of the fish that they have adopted, called, falls in behind the "Whales" and follows after them. When the "Whales" can think of no more fish they call "The Ocean is Stormy" and all run for the empty circles.

The pair left without a circle become the "Whales" for the next game.



Opposites (15-40)

Arrange the group in a circle, players standing three feet apart, facing in. Have each of the players raise both hands sideward and hold opposite corners of a handkerchief with his neighbors. The Instructor then calls "Let go," "Hold fast," "Tight," "Loose" and so on. The players should respond contrarywise to the commands, letting the handkerchief fall to the floor on such commands as "Hold fast" and "Tight" and holding it on such commands as "Drop it," "Loose" and "Let go." When the handkerchief is on the floor the Instructor says "Let it lie," "Pick it up," "Get it," "Leave it" and so on. The players should respond contrarywise to these commands also. Each false move on the part of a player scores one "dud" for him. This continues until one player has three duds—this player must pay a penalty.

Ordinary Tag (12-40)

Scatter the players over the playing area. Appoint one player "It." At signal "It" chases the other players, attempting to tag one of them. Any player tagged by "It" becomes "It." The old "It" joins the runners and, without halting, the game continues.

Poison Areas (15-50)

Establish from four to eight circles three feet in diameter in scattered positions, about the outsides of the playing area—these are poisoned areas. Arrange the children in a single column of files from four to ten feet apart about the outsides of the playing area; the children should be in a more or less circular formation passing through the poisoned areas. The Instructor starts playing on the piano, at the same time the children start walking around the playing area in time to the music, marching through the circles. Of a sudden the music is stopped; the children stop marching at the same time. Children who are standing so that either foot touches a poisoned area is eliminated and sits on the floor in the center of the playing area. The children must not leap over the poisoned areas but must walk through them at the normal cadence and stop instantly with the music. After those who have been eliminated are seated the music is started and children march around as before. This continues until all have been eliminated; the last player eliminated is the winner.

Poison Seat (16-40)

The children sit in their seats. Place a book on each seat that is empty. Also place a book on one seat that is occupied. At signal all of the children change seats, attempting to get one that does not hold a book. Seats holding books are poisoned and cannot be occupied. The child left without a seat is eliminated and takes position in front of the room. Put a book on another occupied seat. At signal all change again. The child left without a seat is eliminated as before. In this manner continue the game until all but two have been eliminated; these are the winners.

Puss in the Corner (8-20)

Establish goals around the playing area—trees, posts, corners, or circles on the ground—one goal less than the number playing. Place all but one of the group at the goals. Appoint the extra player "Poor Puss." At signal "Poor Puss" walks from one goal to another saying, "Poor Puss wants a corner." The player addressed replies "See my neighbor." Meanwhile the other players exchange goals as opportunity permits. The "Poor Puss" tries to secure one of the vacant goals. When he succeeds the player left without one becomes "Poor Puss" and the game continues.

Rabbit Chase (14-30)

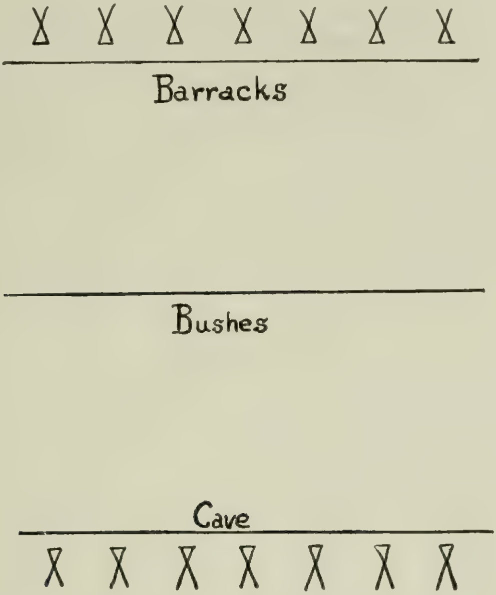
Arrange the children in a circle. Give two children standing on directly opposite sides of the circle two bean bags of different colors —one of these is called the "Hound" and the other is the "Rabbit." At signal the two bags are passed to the right about the circle; each player must catch and pass each bean bag. Any player dropping a bean bag drops out of the circle at once; the next player picks up the bag and passes it on. The passing continues until one bag catches up to the other. If the "Hound" catches the "Rabbit" the "Hound" wins; if the "Rabbit" catches the "Hound" the "Rabbit" is free. Care should be taken that there is no partiality shown toward either the "Hound" or the "Rabbit." Those who dropped out of the play return to the circle for the next game.

Red Light (10-40)

Arrange the players in line. Appoint one of the players in the center of the line "It." At signal "It" counts out loud to ten and concludes by saying, "No talking; no laughing; no moving, Red light," and turns about. In the meantime the other players have turned and run away from him. On the signal "Red Light" all "freeze" in their positions. If "It" does not see a player talk, laugh or move he turns back and counts again, repeating until he does. When he sees a player doing any of these forbidden acts he calls that player's name and chases him until he tags him. This player becomes "It" for the next game.

Robbers and Soldiers (16-40)

Establish two parallel lines forty feet apart with another parallel line halfway between. Of the outside lines one is the "Cave" and the other is the "Barracks"; the center line represents the "Bushes." Divide the players into two groups of equal numbers; one is the "Robbers," the other is the "Soldiers." Place the "Robbers" sitting on the center line (in the "Bushes," facing the "Barracks"). Place the "Soldiers" in the "Barracks." At signal the Captain of the "Robbers" claps his hands three times, fast or slow as he wishes. On the third clap the "Robbers" rise and run for their "Cave";— here they are safe. On the same signal the "Soldiers" chase them. Any "Robber" tagged by a "Soldier" is taken back to the "Barracks" as a prisoner. This is repeated until half of the "Robbers" have been caught, when the game ends. "Robbers" who have been held as prisoners return to their team, the two teams reverse offices and a new game begins.



Schoolroom Tag (20-40)

Establish a spot three feet in diameter in the front of the school room. Appoint one player "It" and place him standing ten feet from the spot. The other players sit in their seats. At signal, "It" calls the name of one of the players. This player gets out of his seat and attempts to run through the circle and back to his seat without being tagged. "It" attempts to tag him either before he runs through the circle or afterward. If "It" succeeds in tagging the runner, the runner becomes "It" and the old "It" takes his seat. If he fails he remains "It." In either case a new player is called and thus the game continues. Note. Two circles and two "Its" may be used.

Six Circles (10-20)

Establish a line ten feet long—this is the throwing line. At right angles to the throwing line draw six circles one foot in diameter, the first circle three feet from the throwing line, the others at three-foot intervals beyond. Place the group in line ten feet in back of the throwing line. Place a stone or a bean bag at the throwing line. At signal the first player steps up to the line, picks up the stone and attempts to toss it into the nearest circle. Failing or succeeding he returns to his position in the line. The second and remaining players all make one attempt in turn. The players then repeat in turn again. Those who succeeded in their first attempt throw for the second circle, those who failed throw for the first again. A stone touching the circle is considered in. In this manner the group rotates again and again, each player continuing to throw for a circle until he is successful. The player who successfully completes the six holes first is the winner. The instructor should stand near the circles and toss the stone back to the line after each throw.

Slap Jack (12-25)

Arrange all but one of the group in a single circle, players standing at one-pace intervals facing in. Appoint the extra player "It" and place him outside of the circle. At signal "It" runs around the outside of the circle and strikes any one of the men on the back. He then turns and runs in the opposite direction about the circle. The man struck becomes "It" and chases the man who struck him. If the new "It" catches and tags the man who struck him before that player gets back to the gap he (the new "It") created, the old "It" becomes "It" again. If not, the new "It" runs about the circle, slaps some one else on the back and the game continues.

Snake Catch (12-40)

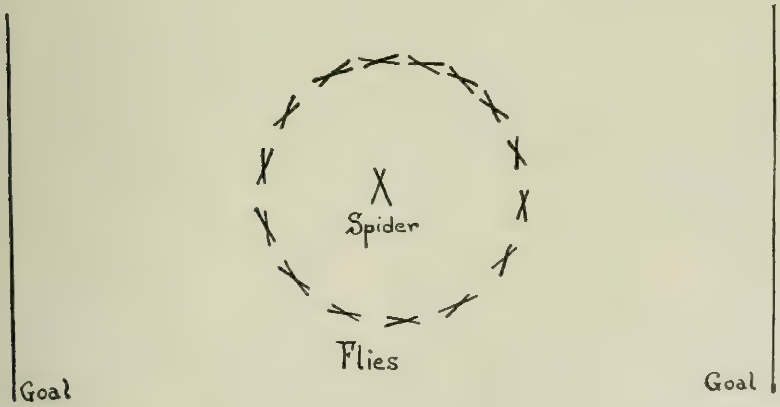
Scatter the players over the playing area. Appoint one of the players "Snake Catcher" and give him a rope six or eight feet long. At signal the "Snake Catcher" runs about the playing area dragging the rope after him. The other players try to catch the rope in their hands. (They must not step on it.) Any player catching the rope becomes the "Snake Catcher," takes the rope and the game continues. The "Snake Catcher" should not swing the rope (the "Snake") about but should drag it behind him at all times.

Sore Spot Tag (12-40)

This game is played as ordinary tag, excepting that "It" must hold one hand on the spot where he has been tagged. Any player running outside the playing zone automatically becomes "It." This game may be varied by compelling all runners to place a hand as "It" has to.

Spider and Flies (15-35)

Establish two parallel lines fifty feet apart—these are the goal lines. Arrange all but one of the players in a circle midway between the two lines, players standing at one pace intervals facing to the right; these players are "Flies." Place the extra player sitting on the floor in the center of the circle. This player is the "Spider." At signal the "Flies" start skipping about the circle clapping their hands and talking to the "Spider." The "Spider" sits still and says nothing. Of a sudden he leaps up and chases the "Flies" who run for the goals. Any runner tagged by the "Spider" before reaching one of the goals joins the "Spider" and both sit down in the center of the field. The other players form a circle as before and at signal all start skipping around again. This time when the original "Spider" gets up the other "Spiders" get up also and all chase the "Flies." All players tagged by any of the "Spiders" join them in the center. This continues until all are caught. The last player caught is the winner and is the first "Spider" for the next game.



Spin the Plate (12-25)

Arrange the group in a circle twenty feet in diameter. Have the players number off. Give number One a tin plate and place him in the center of the circle. At signal he spins the plate and calls the number of one of the other players. The player called runs forward attempting to catch the plate before it falls. If he is successful he spins it and calls another number; the first spinner takes his position in the circle. If he is not successful he scores one "Dud" and returns to his position in the circle and the first spinner spins it again, calling another number. This continues until one player has three "Duds"; this player pays a penalty at the hands of the other players. Note: If the children cannot spin the plate the Instructor should do it.

Squat Tag (12-40)

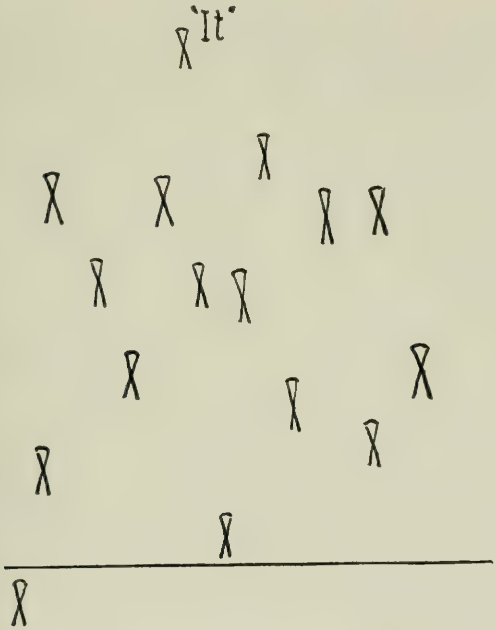
This game is played like ordinary tag with the exception that the players may free themselves from tagging by assuming a squatting position. While the same player is "It" however a runner may make himself safe in this way only three times; after that he can only run.

Squirrel in Trees (20-50)

Arrange all but one of the players in groups of four about the playing area; three of each group face in and hold hands, the fourth stands inside of the circle. The three players form the "Tree," the fourth is the "Squirrel." The extra player who is appointed "It" stands outside of the trees. At signal all of the "Squirrels" run for new "Trees." "It" tries to get in one of the vacated "Trees." Only one "Squirrel" is allowed in a "Tree" at a time; the first "Squirrel" to arrive holds it. After the change one player is left outside of the "Trees." This player becomes" It." The signal to change is given again. In this way the game continues. After every five or six changes the "Squirrels" and one player in each "Tree" exchange positions. This game may be played by having two players make the "Tree."

Statue (12-40)

Establish a line twenty feet long—this is the starting line. Place all but one of the group on or behind the starting line. Appoint the extra player "It" and place him thirty feet in front of the starting line, facing away from it. At signal "It" counts to ten; he must count loudly, but may count fast or slow as he wishes. While he is counting the players on the line advance toward him, but become statues when he counts ten. On the count of ten "It" looks about; any player seen moving is called by name and must return to the starting line and start again. "It" faces about and counts ten again. The game continues in this manner until some player reaches and tags "It." As soon as "It" is tagged all of the players run for the goal. "It" attempts to catch one of them before they cross the goal line—players who cross it are safe. If "It" catches one of the players that player becomes "It" for the next game. A player tagged three times is considered caught. If "It" fails to catch a player he must remain "It" for the next game.



Step by Step (10-25)

Place all of the players sitting on the bottom step of a wide flight of stairs. Holding a ball or a bean bag stand in front of the first player and toss it to him. This player upon catching it tosses it back. Toss it then to the others in turn. Those who catch it move up one step. Those who fail sit still. When the ball has been tossed to everyone start with the first player and toss the ball to all again, including those who previously missed. As before those who catch it move up, those who fail sit still. Continue this until one player sits alone at the head of the group; this player is the winner. If several players reach the top step simultaneously eliminate all those below and have those who are at the top start at the bottom again. Continue this until the winner has been decided. If the players are fairly good catchers, require them to catch the ball with one hand.

Token Tag (15-30)

All of the players but one are seated at their desks. Appoint the extra player "It" and give him some object which is known as the "token." An eraser, glove, book or something similar will serve as a token. "It" places the token on any child's desk and becomes the "Runner." The latter child becomes the new "It," picks up the object and chases the "Runner," attempting to tag him. If the "Runner" can sit down at the desk just vacated by the new "It" before "It" tags him, he takes the token and starts the game again; if not, the new "It" keeps the token and places it on another player's desk. Thus the game continues. Note: Two or three tokens may be used in this game.

Tommy Tiddler's Land (15-40)

Establish a circle ten feet in diameter. Place all but one of the players outside of the circle. Appoint the extra player "Tommy Tiddler" and place him inside of the circle. "Tommy" is supposed to guard huge stores of treasures. At signal the other players enter the circle (Tommy Tiddler's Land) and attempt to steal the treasure. As they enter they shout, "Here I stand on Tommy Tiddler's Land stealing gold and silver." "Tommy" attempts to tag one of these players. Any player tagged by "Tommy" while standing on his land exchanges places with him and immediately the game continues.

Water Sprite (15-35)

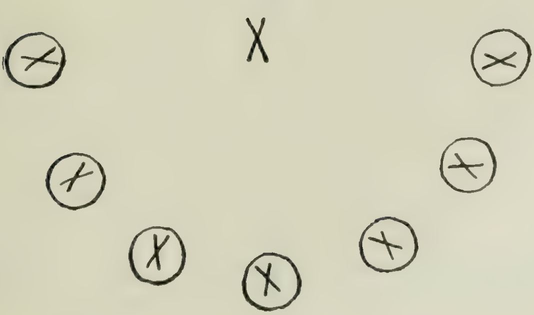
Arrange all but one of the group in two lines facing each other forty feet apart. Appoint the extra player "Water Sprite" and place him halfway between the two lines. At signal the "Water Sprite" calls the name of one of the players in one line; this player then calls the name of one of the players in the opposite line and both run forward attempting to change positions. The "Water Sprite" attempts to tag one of them. If both reach their new positions without being tagged the player in the center remains "Water Sprite." If he tags one of the runners, this player becomes "Water Sprite." In either case the "Water Sprite" takes position in the center and the game continues.

CHAPTER V

GAMES FOR THE UPPER GRADES

All Change (15-30)

Arrange all but one player in a circle thirty feet in diameter. Have each player mark the spot where he stands by digging a hole, placing a stone or drawing a circle. Appoint the extra player "It" and place him in the center of the circle. At signal "It" calls "Change," upon which, all the players change their positions. No player, however, is allowed to take a position immediately to his left or right. During the change "It" attempts to get into one of the vacated places. When all of the positions have become filled the player without one becomes "It" and is scored one "dud." A player having one foot on a spot is considered as holding it. At signal the players change again. The signal for changing should only be given when "It" is in the exact center. Each time a player becomes "It" he scores one "dud." The game continues until some player has three "duds"—this player is compelled to pay a penalty.



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Animal Hunt (12-25)

A playing area that affords hiding places is necessary for the playing of this game. Establish a goal (a post, a tree, or a mark on the ground) in the center of the playing area. Assemble the group about the goal. Appoint one player "Hunter." At signal the "Hunter" covers his eyes and starts counting to a hundred; at the same moment the other players ("Animals") run and hide. On reaching a hundred the "Hunter" calls "Coming" and starts looking for the "Animals." Upon discovering a player he calls the player's name and both run for the goal. If the "Hunter" reaches the goal first or tags the "Animal" before he reaches the goal the "Animal" is considered caught and remains at the goal. If the player reaches the goal first he is considered free and while the "Hunter" is looking for other players may go off in another direction and hide again. The game continues in this manner, the "Hunter" seeking and catching the "Animals," until all are caught. The last "Animal" caught is the winner.

Animal Tag (12-25)

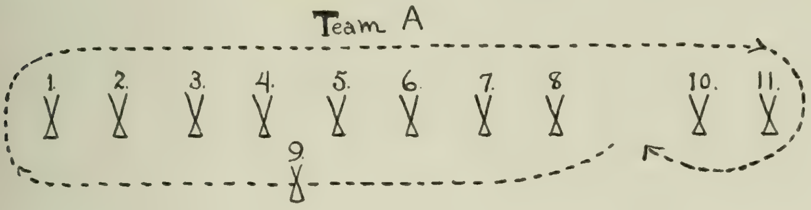
Establish a playing area forty feet square. Assemble all but one of the group behind one of the lines—this is the "Zoo." Appoint the extra player "Hunter" and place him at the opposite line—this is the "Hunter's" line. Secretly, give all of the players in the "Zoo" the name of some animal. At signal the "Hunter" calls the name of some animal. If no player has the name of that animal he calls another, etc., until he calls a name held by some player. The player bearing the name of the animal called runs to the "Hunter's" line and back to the "Zoo," at the same time the "Hunter" runs to the "Zoo," then turns and attempts to tag the runner before he can get back into the "Zoo." If he succeeds the runner becomes the "Hunter"; if he fails he remains the "Hunter." Any runner going out of bounds is considered captured. Players returning to the "Zoo," either after a successful escape or after being "Hunter" should be given a new name. The "Hunter" after each hunt, be he old or new, takes a position at the "Hunter's" line and starts calling again.

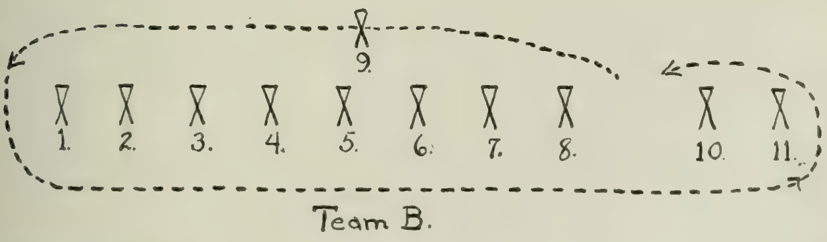
Ankle Tag (12-40)

This game is played like ordinary tag, excepting that a player is "safe" from tagging if he has hold of another player's ankle (or ankles). The player whose ankle is held, however, is liable to tagging unless he has hold of some other player's ankle. This may be the player holding his own or it may be another's.

Attention Run (16-24)

Divide the group into two teams of equal numbers. Arrange the teams in line facing each other at a distance of fifteen feet—players in each group standing at normal intervals. Number each group consecutively from left to right. Call both groups to attention. Soon thereafter call a number within the limits of the numbers held by the participants. The players holding this number step forward and run around to the right, each making a complete circle about his own line and returning to his original position. The other players may assume "at rest" as soon as a number is called. The player standing at attention in his own position first wins and scores one point for his team. The players are not allowed to touch the end members of their own team in turning corners. As soon as the first pair has finished call both groups to Attention again and call a new number. This continues until all have run. The team scoring the most points wins.





Bear Hunt (12-30)

A playing area that affords hiding places is necessary for this game. Establish a goal (post, tree, mark on the ground) in the center of the playing area. Assemble the group about the goal; appoint one player "Bear." At signal one of the players begins to count to a hundred. The "Bear" at the same signal runs and hides. On reaching a hundred the counter calls "Coming" and all of the players start to find the "Bear." Any player discovering the "Bear" calls "The Bear," and all, including the "Bear," run for the goal. Those players who reach the goal after the "Bear" touches it are eliminated. The successful players assemble about the goal and at signal one of them starts to count and the "Bear" hides as before. In this manner the game continues until all have been eliminated. The last player eliminated is the winner.

Birds Fly (16-40)

Assemble the group in open formation. The Instructor should take a position directly in front of the group where all can see him. Then say "Birds Fly" and wave the arms with a flying motion three or four times and then drop them to the sides. All of the class follow suit. Continue then, to name any bird, beast, or fish, waving the arms on calling each. For example, "Cats Fly," "Ducks Fly," "Worms Fly," "Elephants Fly," "Moths Fly," "Crabs Fly" etc. The players should wave their arms when anything that can fly is named, but any player who waves his arms when a non-flying creature is named is eliminated and sits down in his place. The game continues until all but one have been eliminated—this player is the winner.

Blind Hop Tag (12-40)

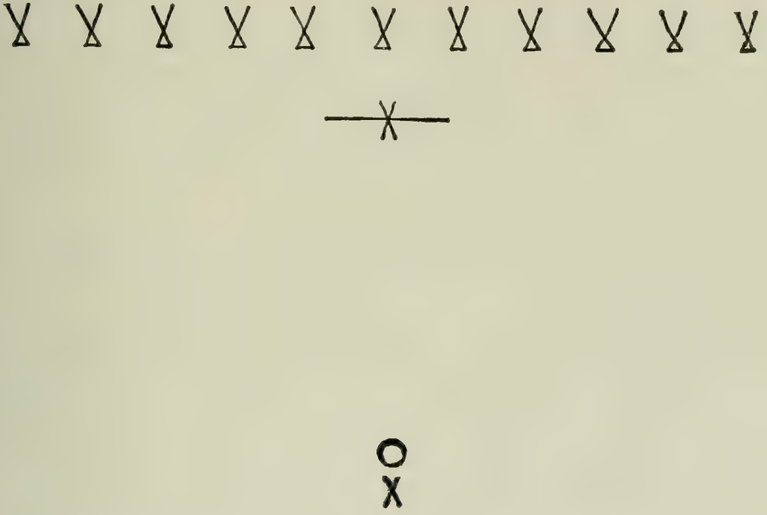
Scatter all but one of the players over the playing area. Appoint the extra player "It" and bind his eyes. At signal "It" chases the other players, attempting to catch and hold one of them. "It" may run but the other players must hop on one foot. Any hopper dropping his free foot to the floor or falling over must remain at the place of doing so until a new "It" has succeeded the old. Any player caught by "It," whether hopping or standing still, becomes "It." The new "It" puts on the blind and at signal the game recommences.

Blind Walk (10-24)

Establish a line six feet long—this is the starting line. Place a ball ninety feet in front of the starting line—this is the goal. Place all but one player behind the line. Place the extra player standing by the goal and give him a whistle.

Blindfold the first player and place him on the starting line.

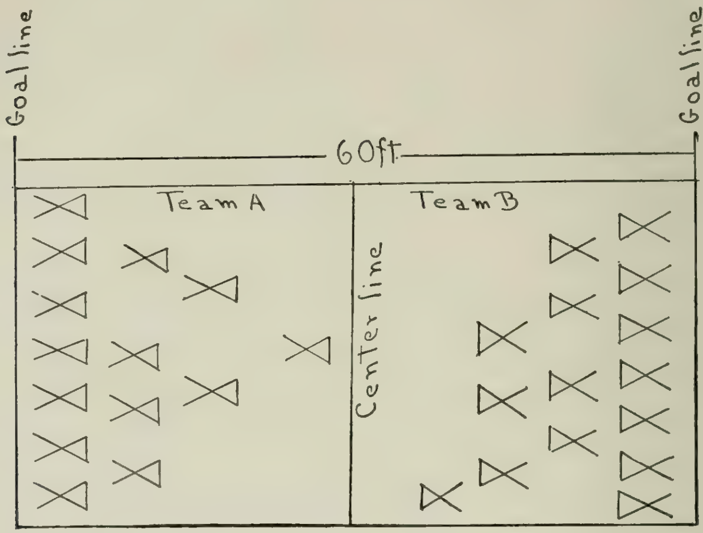
The blinded player spins about three times on the starting line and then stands still. The player at the goal blows the whistle. The blinded player faces the sound of the whistle and takes thirty steps in that direction. Here he removes his blind and the point of his heel for the thirtieth step is marked. The second, third, fourth and remaining players, each in turn, make the walk. While one player is walking forward the next should be adjusting his blind. The player whose mark is nearest the goal wins. Players at the line should not give directions to walking contestants.



Boundary Ball (16-50)

Establish two parallel lines sixty feet long and sixty feet apart. Establish a line halfway between these lines—this is the center line. Divide the group in two teams of equal numbers and place each in opposite ends of the field facing the center. The line in back of each team is that team's goal line. Give each team a soft ball (basket, volley, medicine). At signal each attempts to throw the ball so it crosses the other team's goal line. To cross the goal line fairly it must cross on the bounce or rolling within the limits of the line. Balls going across on the fly do not count. Each team tries to prevent the ball thrown by the other from crossing its goal line. The players of each team may move about freely within their own ends of the field, but cannot enter the opponent's half. After the first throw the balls are thrown back and forth at will.

The team which succeeds in throwing accross the opponent's goal line first wins.



Brothers (16-40)

Arrange the group in two concentric circles, each player of the inside circle paired off with a player of the outside circle. Each pair is known as Brothers. Have the inside circle face to the left and the outside circle face to the right. At signal the players of each circle start marching forward. At a signal (whistle) given by the instructor all break ranks and seek their Brothers. As Brothers find each other they join hands and sit down. The last pair to sit down is given a "dud." The circles are then reformed exactly as in the beginning and both marched forward again. This continues until one pair has two "duds." Both of these players must pay a penalty.

Cap Chase (12-30)

Have the players place their caps in a double line—caps six inches apart, lines six inches apart. Establish a line twenty feet from the caps. This is the throwing line. Place a small pile of stones at the throwing line. Place all of the players behind the throwing line. Appoint one player thrower. At signal the thrower starts tossing the stones at the caps. When a stone lodges in a cap the owner calls "Mine" and runs to get it. The other players run to catch him before he gets his cap. If he succeeds in capturing his cap nothing results. If he is caught he receives one "dud," which is recorded by a pebble in his cap. A player thrown to the ground is considered captured. In either case he takes position at the throwing line and starts throwing pebbles at the caps. This continues until one player scores three "duds"—this player is compelled to pay a penalty.

Chain Tag (12-30)

Scatter the players over the playing area. Appoint one player "It." At signal "It" chases the other players. When he tags a runner the latter joins hands with him and the two together now chase the others. Runners tagged join hands with the player that tagged them. Only players on the end of the line can tag. Players running out of bounds join the "It" line. A tag made while the line is broken is considered invalid. Runners are not allowed to break through the line but may go under it. The game continues until all have joined the line. The last player tagged is the champion.

Champion Tagger (10-20)

Establish a playing field thirty feet square; two opposite lines are base lines. Place the players on one of the base lines. Have the players count off. Appoint the first player "It" and place him in the center of the field. At signal all of the players run for the opposite base line. "It" attempts to tag as many players as possible, counting out loud as he tags each "one," "two," "three," "four," etc. This continues until all have reached the opposite line. He cannot tag the same player twice. The player who is "It" returns to the group and the second player takes position in the center. At signal he repeats the performance of the first. The third and fourth and others follow until all have served as "It." The player who tagged the largest number wins; the player or players who tagged the smallest number must pay a penalty.

Chicken Hops (12-24)

Place twenty objects not over a foot high (stones, dumb-bells, clams, etc.) in a straight line—objects placed eighteen inches apart. Arrange the group in line eight or ten feet to one side of the line of objects. At signal the first player, standing on one foot at the near end of the line of objects, hops over the objects one at a time to the end of the line, picks up the last object, returns to the starting point, hopping over the objects again. At the starting point he deposits the object he holds on the ground and starts back down the line again. He continues this each time picking up the last object and depositing it on the ground at the starting end. If he touches his uplifted foot to the ground or touches an object with his foot, or fails to jump over an object he stops and withdraws. The objects are replaced and the next player makes his trial. A player may hop on either foot, but once he has started he cannot change. This continues until all have had a trial. A player's score consists of the number of objects he has placed on the ground at the head of the line. The player having the largest score is declared the winner.

Circle Blind Guess (15-30)

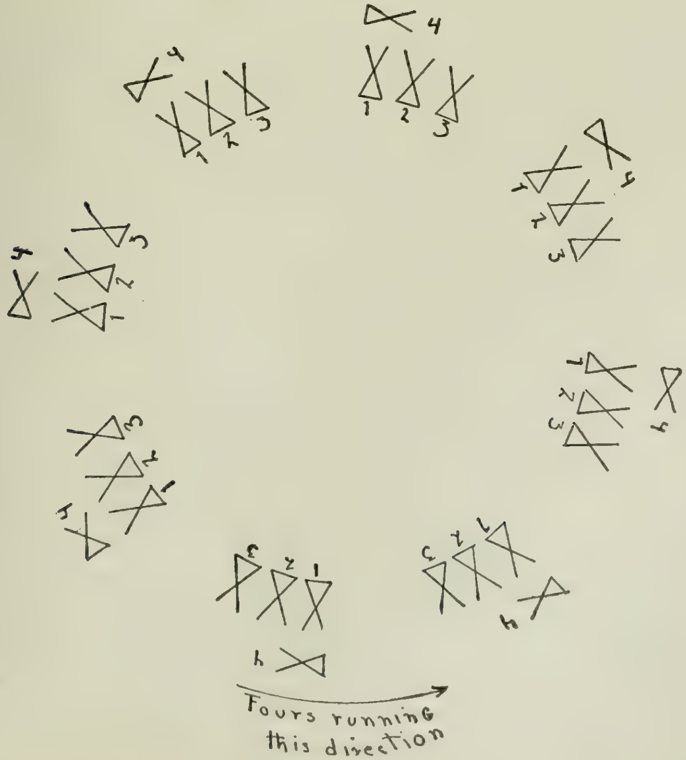
Arrange all but one of the group in a single circle, players holding hands and facing in. Appoint the extra player "It"; blind him and place him in the center of the circle. At signal "It" runs after the players in the circle, attempting to catch one. The circle may move to prevent "It" from catching one of its members, accommodating its movements to those of "It." The players however, must retain grasped hands. The chase continues until a player is caught when all halt. "It" runs his hands over the player attempting to discover who he is. He has two guesses as to the identity of the caught player. If he fails he remains "It" and returns to the center of the circle where, at signal, the game is restarted. If he succeeds in identifying the player the two exchange offices and the game continues.

Circle Blind Swat (15-30)

Arrange all but one of the players in a single circle, players facing in and holding hands. Appoint the extra player "It"—place him in the center of the circle, blind him and give him a swatter. At signal "It" runs to swat one of the players of the circle. The circle may move to keep "It" from swatting one of its members. The players, however, must retain their grasped hands. The chase continues until a player has been hit, when all halt. "It" extends his swatter which is taken by one end by the hit player and then asks him three questions which this player must answer. The player may answer the questions in a disguised voice. "It" may make one guess as to who the player is after each answer. If "It" fails to guess correctly he remains "It," returns to the center of the circle and, at signal, the game continues. If he guesses correctly the two exchange offices and the game continues.

Circle Chase (20-50)

Arrange the group in a circle, players standing at normal intervals, facing in. Have the group count off by fours. At signal call a number—any number from one to four. All players bearing the number called step back and run around the circle, each runner attempting to tag the player in front of him. Runners tagged from behind are eliminated and withdraw. Runners who tag a player continue about the circle attempting to tag another. Runners who are not eliminated, upon arriving at their starting position step into it. At signal, call another number—these players step back and repeat the performance of their predecessors. Continue this until all four numbers have been called. Reform the circle at normal intervals and count off by fours again. Call each number again; as before those eliminated withdraw. After all have been called, re-form the circle and number off again. Continue in this manner until but eight players are left—these are the winners. This game may be varied by having the players run two, three or four times around the circle; also by having the players count off by threes, fives or sixes.



Circle Run (20-40)

Arrange the group in a circle, players standing three feet apart and facing in. Divide the circle in half making two teams of equal numbers. Give the players of each team consecutive numbers, starting the numbers for each from the right. In this way players with the same number stand directly opposite each other. Call a number within the limits of the numbers given. The two players bearing this number step back out of the circle and run around to the right until they arrive at their starting positions. The player arriving first scores one point for his team. Call another number and two other players run, the one finishing first scores a point for his team as before. Continue calling numbers until all have run. The team with the larger score wins.

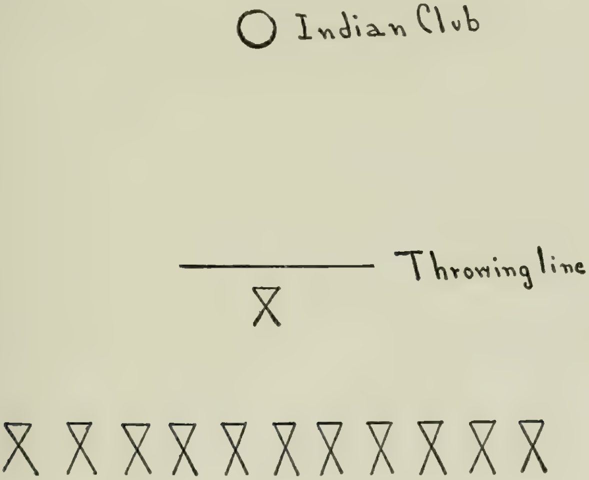
Circle Toss (12-32)

Arrange all of the group in circle—players standing four feet apart, facing in. Give each player an object, using as many kinds as possible (stones, bean bags, volley balls, medicine balls, playground balls, dumb-bells, etc.). Stand in the center of the circle and count with slow cadence. On each count each player tosses his object to the player on his right and turns and catches the object arriving from his left. Any player dropping an object picks it up and withdraws from the circle. Players making poor throws are also eliminated. The players do not move in to close gaps created by eliminated players, but keep their starting positions through the game. The game continues until all but one have been eliminated—this player is the winner.

With beginners the game should be halted and restarted with each elimination. When the players have become somewhat skilled the game may be made more difficult by counting without halt from start to finish of the game. Counting irregularly offers another variation. It may further be varied by having the players move forward and close the circle as players are eliminated. Setting definite methods of throwing and catch offers additional variations.

Club Bowl Elimination (10-25)

Establish a line six feet long—this is the bowling line. Place an Indian Club twenty feet in front of the bowling line. Arrange the group in line ten feet in back of the bowling line. Place a ball (medicine, basket, soccer) on the bowling line. At signal each player in turn comes to the bowling line and bowls (rolls with underhand swing) at the club. The throw should be made from behind the line. Players who fail to knock the club over are eliminated and withdraw to one side. Those who succeed return to their original places in the line. After all have tried once, those who succeeded try again; those who fail, as before, are eliminated. This continues until all but one have been eliminated—this player is the winner. The game may be varied by moving the club two or three feet away after each circuit of the players.



Cock Stride (10-25)

Establish a line five feet long; this is the "Cock Stride" line. Appoint one player "Cock," blind him and place him on the line standing with feet astride. Place the other players in back of the "Cock." At signal each player in turn, standing three feet behind the "Cock" throws his cap between the "Cock's" legs. When all have thrown the hats the "Cock" walks in the direction of the thrown hats until he steps on one. The player whose hat is stepped on by the "Cock" runs forward, picks up his hat, puts it on and, running on his hands and feet, hastens back to the "Cock Stride" line. While he is running the other players may beat him on the buttocks with the flat hand. On reaching the line he becomes free from further punishment. This player then becomes "Cock" and at signal the game recommences.

Come Along (15-30)

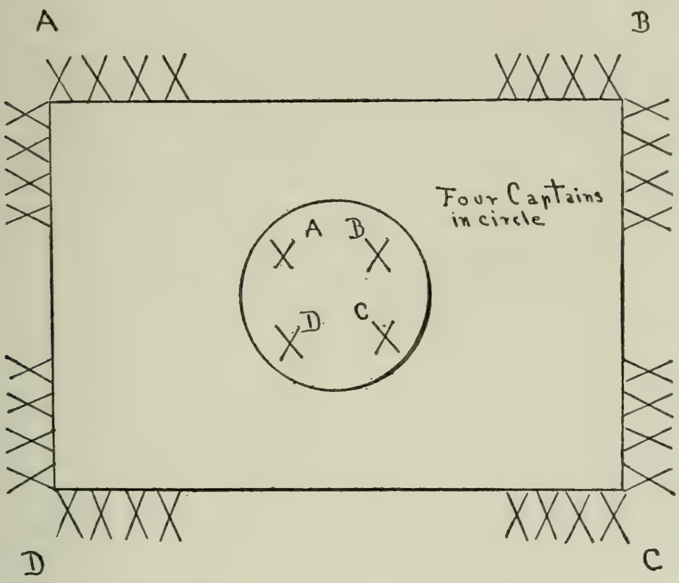
Place all but one of the group in a circle, players standing three feet apart and facing to the right. Have each player mark the place where he stands. Have the players in the circle raise their right arms sideward to shoulder height. Place the extra player on the outside of the circle. At signal the extra player runs with a slow trot, about the outside of the circle. After he has run a short distance (ten to fifteen steps) he grabs one of the outstretched arms, pulls the player out of the circle and says "Come-along." This player falls in behind the first runner and both continue about the circle. The second player then grabs the outstretched arm of another player and says "Come-along. " This player falls in behind the second. In this manner each player pulls another player into the column of runners until there are eight or ten runners when the first player says "Home." Each of the runners then attempts to get a position in the circle; this may be any position—not necessarily the one he started from. Inasmuch as there is one runner more than the number of positions one player fails to get a place—this player starts the next game.

Couple Tag (16-50)

Arrange the groups in pairs. Have the players forming each pair grasp right hands. Appoint one pair "It." At signal "It" chases the other players, attempting to tag them. Each pair, including "It," must retain their position of grasped hands. Any pair tagged by either of the players "It" becomes "It." Any pair failing to retain their hands grasped also becomes "It." The pair "It" must retain their grasp to make tagging valid. On becoming "It" the pair takes up the duties of this officer immediately.

Corner Spy (20-60)

Divide the group into four teams and place each team in separate corners of the room. Establish a circle ten feet in diameter in the center of the room. Have each team choose a captain. The Captain takes a position in the circle in the center of the room. Give each captain a bean bag. At signal each captain starts tossing the bag to each member of his team. As each player receives it he tosses it back and squats. As the captain tosses to the last player in his group he yells "CORNER SPY" and runs for the head of his team. The last player upon receiving the bag runs for the center of the room and immediately repeats the performance of the first Captain. All of the players rise to a stand on the signal "Corner Spy." This continues until all have acted as "Captain." The team finishing with its first Captain in position in the center first wins.



Dub Hide and Seek (10-40)

A playing area that affords hiding places is necessary for this game. Define the playing area. Assemble all of the players at the center of the playing area. Appoint one player "It." At signal one of the players, appointed by the Instructor, starts counting to a hundred; at the same moment "It" runs and hides. Upon reaching a hundred the counter calls "Coming" and all start to find "It." Each player upon discovering "It's" hiding place quietly slips in beside "It" and remains there without revealing the place to the others. The players continue the hunt until all have found "It"—the last player to find the hiding place is declared the "Dub" and must pay a penalty.

Farmer Tag (15-40)

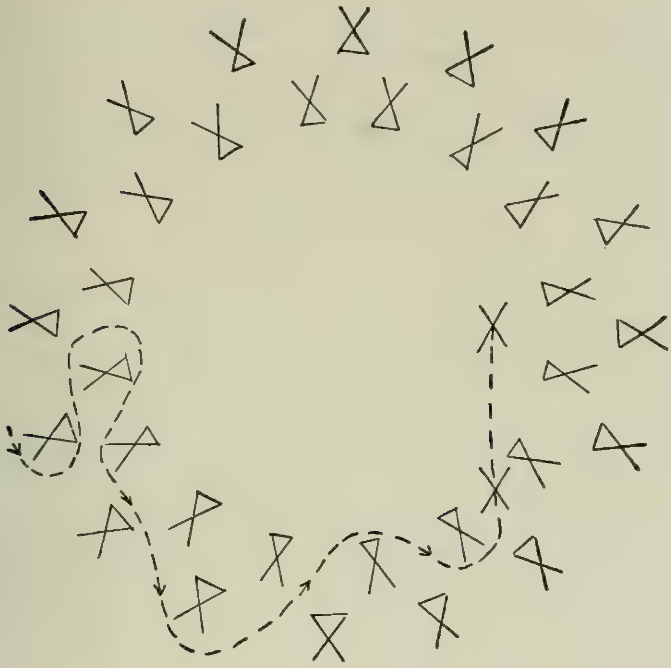
Establish a line forty feet long—this is the base line. Place all but one of the group in back of the base line. Appoint the extra player "Farmer" and place him sitting on the ground sixty feet in front of the group. Appoint one player of the group at the line "Leader." At signal the "Leader" runs along the line of players and taps as many of the players on the shoulder as he pleases—the players tapped drop in column behind him and accompany him on his expedition. When the "Leader" has sufficient followers (four, six, eight or ten) he starts for the "Farmer," approaching him and running about him if he chooses, until the "Farmer" claps, when all must halt in their places. The "Leader" then, when he chooses, claps, and he and his followers run for the base line—the "Farmer" on the same signal rises and chases them, attempting to tag one before they cross the base line. If he fails to tag one he remains "Farmer," the "Leader" picks a new group of followers and the game continues as before. If he tags one, this player becomes "Farmer," the "Farmer" becomes "Leader" and the "Leader" rejoins the group. At signal the game recommences.

Filling the Gap (15-30)

Arrange all but one of the group in a circle; players standing close together (shoulder to shoulder) and facing inward. Appoint the extra player "It" and place him outside of the circle. At signal he runs around the outside of the circle and touches any player. Immediately thereafter he turns and runs around the circle in the reverse direction. The player touched runs around the circle in the direction opposite to that taken by "It." When the runners meet, "It" passes on the outside and the other player inside. The two hook elbows, run about each other once, and then continue in their original directions. The player reaching the gap first steps into it. The other becomes "It" and continues on about the circle.

Fox and Gardener (20-50)

Divide all but two of the group in two groups of equal numbers and place them in two circles—one inside of the other—inner circle twenty feet in diameter, the outer circle thirty feet in diameter—all players facing in. Of the two selected players appoint one "Fox" and the other "Gardener." At signal the "Gardener" chases the "Fox," following the path set by the "Fox" in and out of the circles. When the "Gardener" tags the "Fox" the players flanking the hole through which the "Fox" last passed become respectively "Fox" and "Gardener"—the one to the left becomes "Fox," the one to the right becomes "Gardener." The old runners take the positions the new runners have just vacated in the circle and at signal the game recommences.



Hand Slap Tag (15-30)

Arrange all but one of the group in a circle—players standing shoulder to shoulder and facing in. Appoint the extra player "It" and place him in the center of the circle. Have all of the players in the circle, keeping their elbows at their sides, raise their hands forward, palms up. At signal "It," moving around the circle, rapidly and unexpectedly attempts to slap one of the upturned palms. The players may evade having their palms slapped by turning their hands over or lowering them. Any player having his palm slapped becomes "It" and at signal continues the game.

Hide and Find (10-40)

A fairly large area with trees, bushes, buildings and obstructions providing hiding places is necessary for this game. Establish a post or line in the center of the playing field—this is the goal. Assemble all of the players at the goal. Define the playing area. Appoint one player "It." At signal one of the players starts to count slowly to a hundred and "It" leaves the group and hides. On the count of one hundred, all of the group yell "Coming" and go in search of "It." Any player discovering "It" immediately yells, "Back" and all run for the goal. "It" attempts to tag one of the runners before they reach the goal. Players who reach and touch the goal are free from tagging. Any player tagged by "It" may tag another player and so forth until all have reached the goal. The last player tagged becomes "It" for the next game.

Inner Circle Ball (20-40)

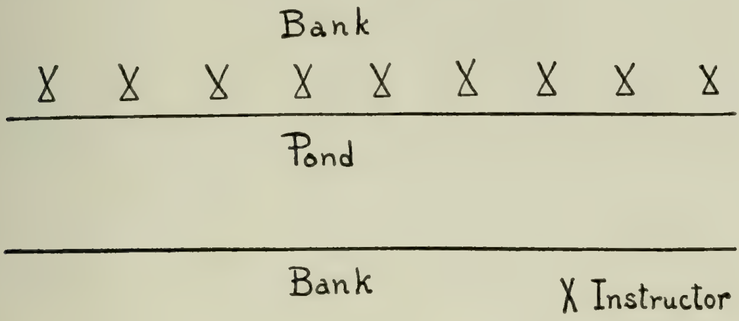
Arrange the group in a double circle—the outer circle covering off the players of the inner circle at normal distances—each pair of players four feet apart—all facing in. Give two of the players of the inner circle balls (medicine, basket, soccer). At signal the members of the inner circle pass the balls among themselves. Any player who is responsible for a ball striking the floor, either through a poor throw or a failure to catch the ball, exchanges positions with the player in back of him. The ball is recovered and at signal the game continues. After the players have become skilled it is better to require those who are in the inside circle to keep both feet on the floor. In this case moving either foot also forces a player into the outside circle. The players in the outside circle should not interfere with the players of the inside circle.

Iron Tag (10-40)

Scatter the players over the playing area. Appoint one player "It." At signal "It" chases the other players, attempting to tag one. Players touching iron are free from tagging by "It." Only one player is allowed to establish himself at one individual piece of iron, however. Any player tagged by "It" becomes the new "It"; the old "It" joins the runners and the game continues.

In the Pond (15-40)

Establish two parallel lines sixty feet long and three feet apart. Between the lines is the "Pond"; outside of the lines is the "Bank." Place the group in a column in the "Pond." Standing to the front where all can see him, the instructor then says "On the bank" on which all leap to the "Bank" and then "In the Pond" and so on. If the players are on the "Bank" when "On the Bank" is called they leap to the opposite "Bank." By calling "In the Pond" when they are already there and, falsely waving his hands, the Instructor tries to mislead the players into making a false jump. Any player making a false leap is eliminated. This continues until all but one are out—this player is the Champion.



"I say 'Stoop'" (15-40)

Arrange the group in a circle—players standing at normal intervals, facing in. The Instructor takes position in the center of the circle. Command loudly "I say Stoop" and at the same time bend forward with a quick bow and rise to the erect position without halt. The players all imitate the action. Continue this but occasionally interject another command such as "I say Bend," etc. On these commands bend forward yourself as before, but any player who stoops is eliminated and sits on the floor. The elimination continues until all have been forced to sit down—the last player eliminated is the winner.

Jacob and Jacobine (15-35)

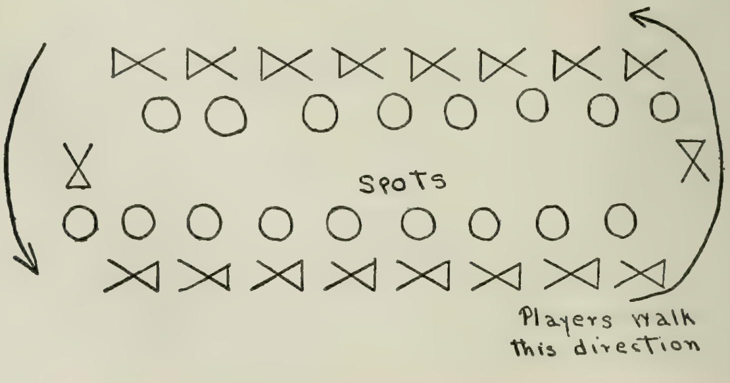
Arrange all but two of the group in a circle—players holding hands and facing in. Blind the two selected players; appoint one "Jacob" and the other "Jacobine" and place both of them inside of the circle. At signal "Jacobine" says "Where are you Jacob?" and "Jacob" answers "Here." Upon hearing the reply "Jacobine" starts to catch "Jacob" who tries to evade being caught. "Jacobine" may at any time ask where "Jacob" is and "Jacob" must always answer. The chase continues until "Jacob" is caught, whereupon the two change offices and repeat. When the new "Jacob" is caught two new players are appointed "Jacob" and "Jacobine" and the game continues.

Last Man Over (15-40)

Establish two lines sixty feet long, sixty feet apart. Arrange all of the players along one line. At signal all run for the opposite line. Any player may grab or hold or buck or trip any other player in order to make any one but himself last. The last player to cross the line is eliminated and withdraws from the field. The players arrange themselves on the new line. At signal all run for the opposite line, each trying to avoid being last. The last player crossing the line is eliminated as before. In this manner the game continues until all but one have been eliminated. This player is the winner. This game may be varied by stipulating the style of traveling—hop, stiff knee, double jump, etc.

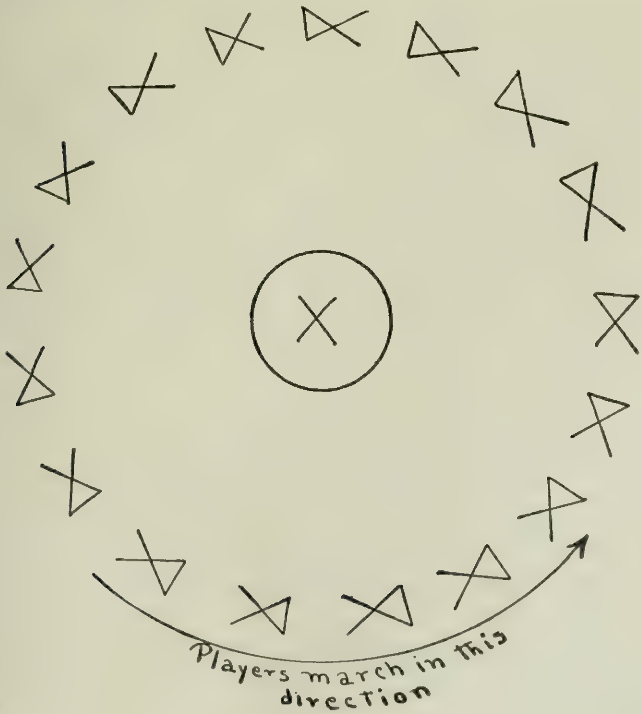
Leap the Spot (15-35)

Establish a double column of spots (flat stones or boards)—columns two feet apart and spots two feet apart—each spot one foot in diameter and one spot less than the players present. Arrange the group in two columns facing in opposite directions just outside of the spots. At signal the two columns move forward in endless chain fashion about the spots. At a second signal (a whistle if possible) each player leaps and sits on a spot. The player who fails to get a spot is eliminated. Remove one of the end spots. At another signal all rise and move forward again about the spots. Players are not allowed to step on the spots while marching. At signal all leap for spots again—the player who fails to secure one is eliminated as before. In this manner the game continues until but one player remains. This player is the winner.



Marching Bear Chase (15-40)

Establish a two-foot circle in the center of the field of play—this is the "Den." Establish a line forty feet from the "Den"—this is the base. Place all of the players but one in a circle about the "Den"—players standing in a file formation at normal intervals. Appoint the extra player "Bear" and place him sitting on the "Den." The "Bear" announces any number up to forty. It may be ten, seventeen, twenty-two, twenty-six, etc. At signal, the players forming the circle march forward about the circle at a normal marching rate. The "Bear" counts their steps out loud as they march—"One, two, three, four," etc. On reaching the number mentioned all break ranks and run for the base. At the same time the "Bear" rises and gives chase, attempting to catch and hold one of them before reaching the base. Any player caught and held for five seconds becomes "Bear." If no one is caught the "Bear" retains his office. In either case the "Bear" and the other players return to their positions. The "Bear" declares a new number (less than forty); the group march about and the game continues as before.



Mountain Climbing (10-40)

Arrange all of the available apparatus in such a manner that the participants can move from one piece to another about the room without touching the floor. Parallels, horses, booms, horizontal ladders, inclined ropes, stall bars and everything else should be used. Arrange the group in column, start the column on its way over the apparatus. Anyone touching the floor after starting must drop out and fall in at the end of the column and try again in his regular turn. After all have successfully completed the maneuver, make the climb a little more difficult by making gaps between the apparatus, rearranging it, reversing the direction of travel and so on depending on local conditions, and start the climb again.

Muschel-Top (16-40)

Arrange all but one of the players in pairs about the playing area. Appoint one player of each pair "One"; the other player of each pair "Two." Have each pair mark the spot on which they are standing. Appoint the extra players "It" and place him in the center of the playing area. At signal "It" calls "Ones change," "Twos change" or "Muschel-top" as he wishes. Before giving a new signal though the previous signal must be wholly executed. In the first case all of the "Ones" run for a new position; in the second case the "Twos" change positions; in the third case each pair running hand-in-hand change positions. In each case "It" attempts to tag one of the runners. Runners who reach and hold hands with a partner at any of the stations are free from tagging. Any runner tagged by "It" becomes "It" and the old "It" joins the runners. The new "It" stands in the center of the playing area, gives the signal and the game continues.

Novelty Progress (10-40)

Establish two lines thirty feet apart. Arrange the group in line behind one of the lines, players facing the center. At signal the player to the right of the line advances across to the opposite line moving any way he may choose. As soon as he reaches the line the second player advances, moving any way he chooses except the method used by the first player. When the second player reaches the opposite line the third starts, advancing by any means other than that adopted by his predecessors. In this manner the game continues, each player in turn crossing to the opposite line, moving by a method different from any used by his predecessors, until all have crossed.

Numbers Change (15-35)

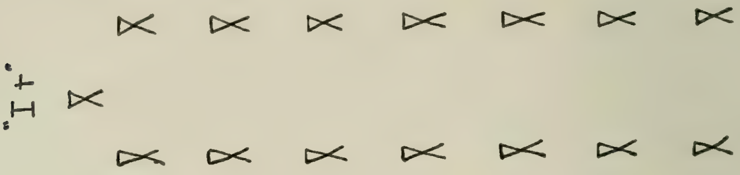
Arrange all but one of the group in a circle, players standing at three-foot intervals, facing in. Appoint the extra player "It" and place him in the center of the circle. Number the players consecutively, giving "It" the last number. At signal, "It" calls two numbers not greater than those held by the players. "It" must always stand in the center of the circle when calling numbers. The players holding the numbers called must attempt to exchange places at once. "It" attempts to catch and fling one of them before they succeed in doing this. Either player caught and compelled by "It" to touch any part of his person other than his feet to the floor becomes "It." If "It" fails to catch and fling either of the pair called, he remains "It" and calls two new numbers. If "It" does succeed in transferring his office he takes position in the circle and the new "It" comes to the center and calls two numbers and the game continues.

Off the Spot (10-50)

Arrange all but one of the group in a double circle so no player is closer than ten feet to another. Have each player mark his position through using a large stone or a marking on the floor. Appoint the extra player "It" and give him a ball (medicine, basket, playground). At signal the players negotiate exchanges. "It" attempts to hit one of the players with the ball while they are off a spot or step on an empty spot. Any player hit by the ball while off a spot or left without a spot becomes "It," and takes up the duties of that office immediately. "It" is allowed to run with the ball whither he wills.

Paired Hot Hand (16-30)

Arrange all but one of the group in a column of twos. Place the extra player in front of the column. Have this player face away from the column; lean forward and hold his face in his hands so he cannot peek. He is called "The Sucker." At signal one of the leading pair strikes the "Sucker" on the buttocks with his open hand. The Sucker" looks about immediately and attempts to guess which one struck him. If he guesses correctly he and the other player go to the foot of the column and the player who struck him becomes the "Sucker." If he fails the two players go to the foot of the column and he retains his office. In either case the next two players are the next strikers. In this way the game continues.



Pom-Pom-Pullaway (12-40)

Establish two parallel lines sixty feet long, fifty feet apart—these are the base lines. Place all but one of the players on one of the base lines. Appoint the extra player "It" and place him midway between the two lines. At signal "It" calls "Pom-pom-pullaway; come away, or I'll pull you away," upon which all of the players run for the opposite base line. "It" chases the players, attempting to tag as many as he can. Players who are given three rapid taps by "It" join "It" in the center of the field. When all have reached the opposite base line or have been tagged "It" standing in the center with those who joined him calls again. All run across as before. The players in the center attempt to tag the runners as before. This continues until all have been caught; the last player caught is the winner.

Progressive Rope Skip Elimination (12-30)

Arrange the group in a single column of files. Place two players ten feet apart ten feet in front and at right angles to the column. Give these two players the ends of a rope fifteen feet long. Have the players with the rope swing it around at a normal rate. At signal the column moves slowly forward, each player in his turn stepping into the rope, jumping it once and stepping out on the opposite side. Players who stop the rope or fail to jump it the exact number of times required, are eliminated and withdraw to one side. Those who jump it successfully fall in column in their regular positions. When all have made one attempt the column slowly moves forward again and each player in his turn steps in, jumps twice and steps out on the further side. Eliminations take place as previously. When all have completed their second trial those who remain in the column make a third trial, jumping three times. The game continues in this manner until all are eliminated. One jump is added after each trial. The last player forced out is the winner.

Rope Skip Elimination (16-40)

Divide the class into groups of six or eight players each. Place one group in two lines two feet apart—players standing at normal intervals. Place two players holding a long rope at opposite ends of the lines—the rope lying in back of the players. At signal the players with the rope start swinging it over the heads of the players bringing it down in front of them. The players jump the rope as it passes along the floor. Any player stopping the rope is eliminated and withdraws to one side. After each elimination the rope is placed in back of the players and on signal started again. Each time the rope should be started slowly and gradually have its speed increased. This continues until all are eliminated. The last player eliminated wins the heat. The other groups are run through in the same way. The heat winners are then run through in a group; the last one eliminated is the champion.

Rushing the Spots (15-40)

Arrange the group in line at normal intervals. Have each player but the leader mark a spot on the ground—chalk, a large stone or a hat may be used. Have the players face to the right. At signal all run forward on a dog trot following the leader. The leader runs about the room as he chooses, forming spirals, circles, etc. At signal (given either by the leader or the Instructor) all break and run for the spots; each player trying to get one—not necessarily his own. As there is one more player than there are spots, one is unsuccessful. This player scores one "dud" and takes position at either end of the line as he chooses. At signal the players right face and follow the new leader at double time as before. At signal all break for the spots. This continues until some player has three "duds," he must pay a penalty.

Shadow Tag (12-40)

This game can be only played outdoors and then only when the sun is shining. It is played as regular tag except that "It" attempts to step on the shadows of the runners. Stepping on the shadow of a runner "It" calls the name of that player and the player called becomes "It." The new "It" takes up the duties of this office immediately.

Shoe Scramble Race (15-40)

Establish a line sixty feet long. This is the starting line. Place players in line behind the starting line. Have the players count off so each has a number. Have the players unlace their shoes and remove them. Have each player mark his number on his shoes. If the players' shoes are all different, the numbering may be dispensed with. The shoes should not be tied together. Gather the shoes and place them in a scrambled pile fifty feet in front of the line. At signal, each player runs to the pile, finds his shoes, puts them on, laces and ties them and returns to the line. The player returning across the line first wins.

Signal Chase (16-50)

Establish two parallel lines sixty feet apart. Divide the group into two teams and place them on opposite base lines—team "A" facing out, team "B" facing in. At signal team "B" marching in line marches forward toward team "A." At signal (preferably a whistle blown by the instructor when team "B" is four or five feet from team "A") team "B" turns and runs toward its base line. On the same signal team "A" turns and runs after them, each player attempting to tag a member of team "B." Any player of team "B" tagged before crossing his base line must carry his tagger back to the tagger's base line. The two teams then arrange themselves on their original base lines again, but this time reversed, team "A" facing in, and team "B" facing out. At signal team "A" marches forward and the previous performance is repeated, but this time reversed. The two teams line up again in their original positions and in this manner the game is continued.

Statue Tag (12-40)

Scatter all but one of the group about the playing area. The selected player is "It." He strikes some posture, ludicrous or otherwise. At signal "It" chases the other players. Any player tagged by "It" takes that office. Each player may assume the posture set by "It" to free himself from tagging. He may do this only once however. After a player has taken this attitude (which he may hold as long as he wishes) once, he cannot so free himself again. Each successive "It" sets his own pose which is to be used by the group.

Stiff Knee Tag (12-40)

Scatter all but one of the group about the playing area. Appoint the selected player "It." Instruct the players (both "It" and the runners) that they are to move about with stiff knees. They may run or jump. At signal "It" chases the runners. Any player tagged by "It" becomes "It." The old "It" joins the runners and the game continues.

Still Water Stop (10-35)

Establish a small circle in the center of the playing area—this is the goal. Assemble all of the group about the goal. Appoint one player "It" and blind him. At signal "It" runs around in a circle three times, and the other players run away from him. On the completion of his third circuit, "It" calls "Still Water, Stop." All of the players immediately halt in their positions. "It" then sets out to locate the players. The players may take one step to avoid "It," but after they have taken the one step they must hold their places until a new "It" succeeds him. When "It" catches a player he runs his hands over him and then makes two guesses, as to who it is. If he guesses correctly this player becomes "It." If he fails he moves on in search of another player. After a player has been caught but incorrectly named, he may take five steps in any direction. When a new player becomes "It," he is blinded and at signal the game recommences.

Style Rope Skip Elimination (12-25)

Arrange the group in a single column of files. Place two players ten feet apart, ten feet in front of and at right angles to the column. Give these two players the ends of a rope fifteen feet long. Have the players with the rope swing it around at a moderate rate. Set a manner for jumping the rope (free jumping, hop on right foot, hop on left foot, jump on both feet, etc.). At signal the column moves slowly forward, each player in his turn jumping the rope in the stipulated fashion ten times and then stepping out on the opposite side. Players who stop the rope or fail to jump it in the stipulated fashion or the exact number of times are eliminated and withdraw to one side. Those who jump it successfully fall in column at their regular positions. When all have made one attempt a new style of jumping is set and the column slowly moves forward again, each player in his turn makes his attempt; those who fail drop out, those who succeed fall in their regular positions. The game continues in this manner, a new style of jumping being set each round, until all are eliminated. The last player forced out is the winner.

Target Toss Elimination (12-25)

Establish a line six feet long—this is the throwing line. Establish a circle three feet in diameter, or a hoop or an open barrel fifteen feet from the throwing line—this is the target. Have each player get a stone the size of the first. Place the players in line ten feet in back of the throwing line. At signal each player steps to the line and tosses his stone at the target, attempting to have it come to rest in the target. Each player lets his stone lie where it falls until all have thrown. Those who fail to score a target are eliminated and withdraw; those who succeed return to their original positions and at signal try again. As before those who fail withdraw and those who succeed return to their positions. This continues until all have been eliminated but one—this player is the winner.

Team Target Pitch (16-30)

Establish two stakes, or marks, or small objects sixty feet apart. Divide the group into two teams of equal numbers. Have each player get an object about the size of the fist; stones, blocks of wood, bean bags or slippers may be used. Have each team mark its objects distinctly (i.e.—one red, the other white). Arrange the players in line behind one of the stakes facing the other stake—players of one team to the left of stake, players of the other team to the right. At signal all players throw simultaneously at the farther stake. All throws must be made underhand. The team having objects nearer the stake than its opponent scores points equal to the number of objects it has nearer than the opponent's nearest object. For instance if team "A" has two stones nearer the stake than the nearest "B" stone, team "A" scores two points. Each player then picks up his object and stands behind the stake in line, as at the first throw. At signal all throw simultaneously at the distant stake. This continues until twenty throws have been made. The team having the higher score wins.

Ten Steps (12-30)

Scatter all but one of the players about the playing area. Appoint the extra player "It" and blind his eyes. "It" turns around three times. While he is turning the other players seek places of safety (within the playing area). On the completion of his third turn "It" yells "Stop" upon which all of the players stand still. "It" then takes ten steps in any direction he chooses in an attempt to tag one of the other players. The steps may be long or short as he chooses. Any player tagged by "It" becomes "It" and the old "It" joins the players. If he fails to tag any one inside of ten steps he remains "It." In either case "It" executes three turns and the game continues.

Tony Says (15-40)

Assemble the group in open drill formation. Give any calisthenic or marching commands with which the group are familiar either preceding it with the order "Tony Says" or giving the bare command. Those commands which are preceded with "Tony Says" should be executed by the class. Those which are not should not be executed. Players executing commands not preceded by "Tony Says" are eliminated and sit down in their places. The game continues until all are eliminated. The last player forced out is the winner.

Traveling Apes (10-30)

A fairly large playing area is best for this game. Place all but one of the players in line. Appoint the extra player "Hunter" and place him a short distance in front of the line of players. The "Hunter" names some goal from fifty to one hundred feet away—a tree, post sidewalk, corner of a building, etc. Then he says "Travel Apes," upon which all run for the goal. The "Hunter" tries to tag one of the runners before they reach the goal. Any player tagged by the "Hunter" becomes the "Hunter" for the next trip. If the "Hunter" fails to tag a runner the last player to reach the goal becomes the "Hunter." He names a new goal and on the command "Travel Apes" all run for it. In this way the game continues; each "Hunter" names the next goal.

Two Times Around (20-40)

Arrange all but one of the group in a circle standing at normal intervals, facing in. Appoint the extra player "It" and place him outside of the circle. At signal he runs around the outside of the circle, touches a player and continues running around the circle. The player touched runs after him, attempting to catch and tag him. On the completion of the second circuit, if "It" has not been tagged, he steps into the place vacated by the chaser. In this case the chaser becomes "It" and takes up the duties of that office at once. If, on the other hand, the chaser tags "It," before he has completed two circuits, he must carry the chaser the remainder of the two laps on his back. Completing this he remains "It" and continues as in the beginning.

CHAPTER VI

GAMES FOR THE JUNIOR HIGH SCHOOL

Ball Toss and Throw Statue (10-30) (Girls)

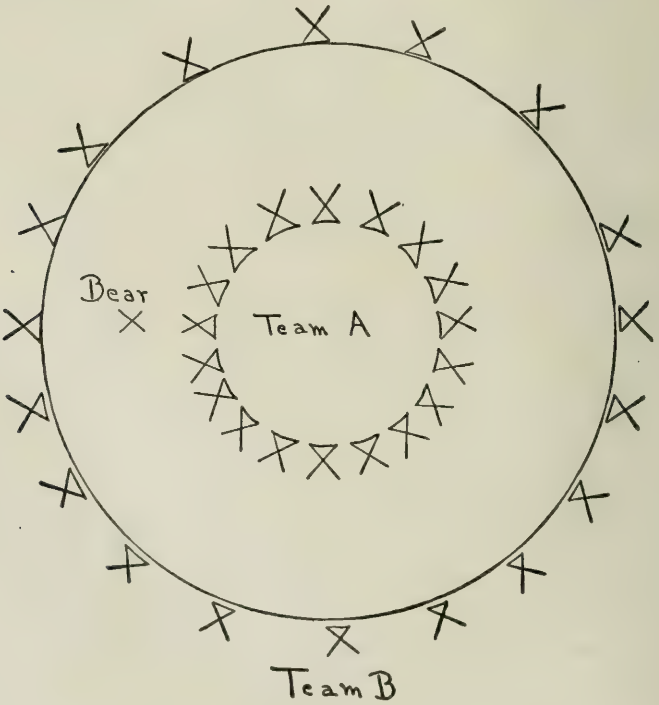
Establish two parallel lines thirty feet long and fifty feet apart—one is the starting line, the other is the goal line. Place all but one of the group on the starting line. Give the selected player a ball and place him on the goal line standing with his back toward the starting line. At signal "It" tosses the ball in the air (six, eight, ten, fifteen feet) so he can catch it without moving from his position. As soon as the ball is tossed in the air the players on the line advance toward "It," coming to a dead halt as "It" catches the ball. Upon catching the ball "It" turns and calls the name of any player moving any part of his body. Players called must return to the line. "It" then turns back, tosses the ball and the players advance on him as before. The game continues in this manner until some player has reached and tagged him. Immediately all of the players run for the goal line. "It" thereupon catches the ball, turns and attempts to hit one of the fleeing players before they cross the goal line. If "It" succeeds the player hit becomes "It." If he fails the player who tags him becomes "It." All take up the starting position and at signal the game commences again.

Base Tag (10-40)

Establish a circle six feet in diameter in the center of the playing area—this is the base. Arrange all of the players but one in a circle about the base. Appoint the selected player "It" and place him inside the base. At signal all of the players run from their positions; "It" chases them and attempts to tag one. Any player tagged by "It" immediately becomes the "Goat" and drops down to his hands and feet and runs for the base. While he is running in this fashion the other players beat him across the buttocks with their flat hands. Each player is allowed to hit the "Goat" only once. Reaching the base the "Goat" becomes "It" and rises and chases his persecutors attempting to tag one of them. The game continues in this manner.

Bear and Birds (20-40)

Establish a circle twenty-five feet in diameter. Divide the group into two teams of equal numbers. Place all but one of team "A" in a small circle in the center of the large circle, players standing close together, facing in, with arms thrown about each other's shoulders, heads bowed and backs slightly arched. Appoint the extra player "Bear" and place him between the circle formed by the players and the established circle. Place team "B" outside of the established circle —these are "Birds." At signal the "Birds," as opportunity affords, enter the circle and climb on the shoulders of the center group. The "Bear" attempts to tag one of them while they are on the floor inside of the outer circle. The "Birds" are safe from tagging outside of the outer circle or perched on the group in the center. The group in the center must retain their original position but may without the use of their hands attempt to shake the "Birds" off of their perch. As soon as a "Bird" touches the floor from his perch he is liable to tagging. When the "Bear" tags a bird the two groups exchange positions—the player tagged becomes the "Bear" and at signal the game recommences.



Bear and Keeper (15-30)

Establish a playing area forty feet square. Give all of the players, but two, swatters and place them outside of the playing area. Give the two selected players a piece of rope two feet long which they hold between them; appoint one of them "Bear" and the other "Keeper." The "Bear" and "Keeper" do not carry swatters. At signal the players enter the playing area and as opportunity offers beat the "Bear" with their swatters. The "Keeper" attempts to tag one of the players. The players may run out of the playing area; here they are free from tagging. If the "Bear" and his "Keeper" leave the playing area they may both be hit with the swatters with no liability of being tagged. When the "Keeper" tags a player this player becomes the "Bear," the old "Bear" becomes the "Keeper," and the old "Keeper" joins the players. In this way the game continues.

Blind Man's Buff (15-30) (Girls)

Arrange all but one of the group in a circle, holding hands and facing in. Blind the extra player and put him in the center of the circle. At signal the circle moves slowly around to the right. When he chooses the "Blindman" raps the stick on the floor, upon which the players in the circle halt. The "Blindman" then points toward the circle. If he points toward a gap in the circle, the circle moves again. When he points at a player the player pointed at enters the circle and the "Blindman" chases him, attempting to tag him. If the "Blindman" has trouble catching the runner the Instructor calls "One Step," on which every one in the circle takes one step inward—thus reducing the runner's area. This may be repeated if deemed advisable. Upon tagging the runner this player becomes "Blindman," the old "Blindman" joins the circle and at signal the game recommences.

Blind-Man Swat (15-30) (Girls)

Arrange all but one of the players in a circle fifteen feet in diameter, players facing in. Appoint the extra player "It"; blindfold him, give him a swatter and place him in the center of the circle. Number the players consecutively, giving "It" the last number. At signal "It" calls three numbers (not greater than those held by the players). The players holding the numbers called must attempt to exchange places at once. "It" attempts to strike either of them with the swatter. Either runner hit while changing becomes "It." If "It" fails to hit a player he remains "It" and calls three new numbers. If "It" does succeed in transferring his office he takes position in the circle; the new "It" is blindfolded, given the swatter and placed in the center. He calls three new numbers and the game continues.

Blind Swat (15-35)

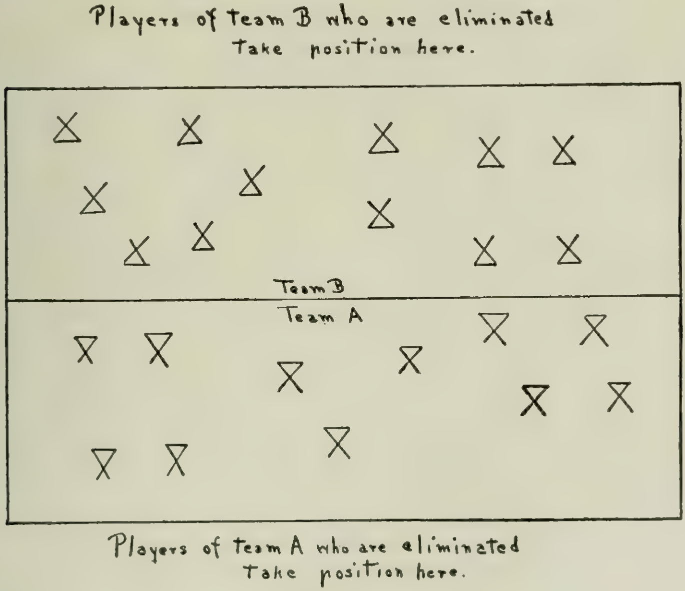
Establish a playing area about forty feet square. Scatter all but two of the players over the playing area. Of the two selected players, appoint one "It," blind him and give him two swatters (one for each hand) and appoint the other "Guide." At signal "It," directed by the "Guide," chases the other players, attempting to swat one of them. All of the players, excepting "It" and the guide, must travel about by hopping on one foot. While still they may stand on both feet. Any player hit by "It" becomes "It." The new "It" takes the blind from the old "It," adjusts it and takes the swatters. The old "It" becomes "Guide." The old "Guide" joins the runners. At signal the game starts again.

"Bob" (10-25)

A stick about four inches long and an inch in diameter whittled to a point at both ends (this is the "Bob") and a bat about two feet long and an inch and a half in diameter are required for this game. Establish a post or a tree as goal. Appoint one player "Batter." Give him the "Bob" and the bat and place him at the goal. Scatter the other players over the playing area. At signal the "Batter" places the "Bob" on the ground within a bat's length of the goal, and tipping one end with the bat so it flies into the air, hits it with the bat, attempting to hit it as far as possible. All of the players attempt to catch or recover the "Bob" as soon as possible. The player who recovers it, standing at the point of recovery, tosses it at the goal. If the "Bob" hits the goal or comes to rest within a bat's length of the goal the "Batter" is out and the thrower becomes "Batter." Likewise if the "Bob" is caught on the fly the "Batter" is out and the catcher becomes "Batter." If the "Batter" is not put out he measures the number of bat lengths from the goal to the "Bob" and scores one point for each full stick length. The "Batter" must hit the "Bob" forward from the goal; if he hits it so it lies back of the goal he is out and he appoints one of the players to be "Batter." This should be one of the players without any points. In this manner the game continues. Thirty points constitute a game. The player scoring this number first is the winner.

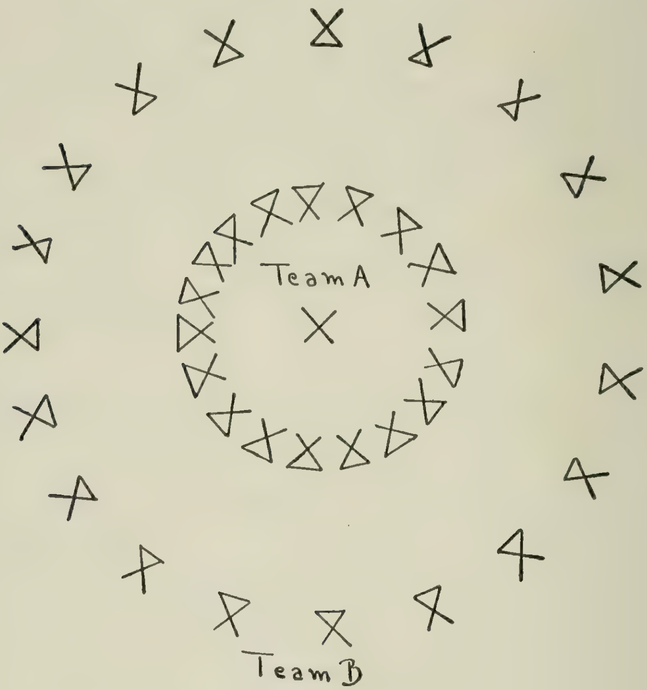
Bombers Attack (16-40) (Girls)

Establish a playing field fifty feet square with a line through the center. Divide the group into two teams and place each on opposite sides of the center line. Give each team six balls (medicine, basket, volley, playground). At signal each team starts throwing its balls at opponents holding balls. Any player hit by a ball while holding a ball is eliminated and withdraws from the field. In recovering or throwing balls players may not cross the center line. Eliminated players take positions in back of the end of the field used by their respective teams and may recover balls and pass them to their team mates who are still in the game. The game continues until half of one team is eliminated—the other team wins.


Players of team B who are eliminated take position here.
Team B
Team A
Players of team A who are eliminated take position here.

Bombing the Center (20-50) (Girls)

Divide the group into two teams of equal numbers. Arrange all but one player of team "A" in a circle fifteen feet in diameter, players facing out. Arrange team "B" in an open circle surrounding team "A," twenty feet from them and facing in. Give a member of the team forming the outer circle a ball (medicine, basket, soccer). At signal the player with the ball attempts to throw it so it will strike the floor inside the circle formed by team "A." The players of team "A" forming the circle and the player in the center try to prevent this by batting and kicking the ball—they are not allowed to catch it. The players of team "B" may recover the ball anywhere but may only throw from their regular positions. When the ball strikes the floor inside the inner circle the two teams change positions. The game continues in this manner, the teams changing every time the ball strikes the floor inside the inner circle. Each time a team forms the inner circle a new player should be stationed in the center.



Bounce and Catch Ball (10-20 (Girls)

A wall from fifteen to thirty feet high is necessary for this game. Place the group at one side of the field in front of the wall. Give the first player a ball (tennis ball, hand ball, playground ball, baseball) and place him in the field in front of the wall. At signal he stands at any position he chooses before the wall and throws the ball against the wall so it will bounce back as far as he can run and catch it. He has three trials attempting to make his catches as far from the wall as possible. His farthest catch is marked. Use chalk or scratch the ground. The other players repeat the performance, each in his turn attempting to make his catch as far from the wall as possible. Each player may throw at the wall from any place he chooses. The player making a catch farthest from the wall is the winner.

Bowling in Mass (16-40 (Girls)

Establish two lines fifty feet long fifty feet apart. Divide the group into two teams of equal numbers and place each in line behind opposite base lines. The players should stand about two feet apart. Give each player of both teams an Indian Club. Instruct the players of team "A" to set their clubs on the base line, each player to stand his club on the line immediately in front of himself. Give each of the players of team "B" a ball (medicine, basket, playground, tennis, soccer), or as many as are available. At signal team "B" rolls its balls toward its opponent's clubs, attempting to knock them down. The players of team "A" must stand behind their clubs and not interfere with the balls thrown by team "B." Clubs knocked over are counted. The balance of the clubs are then removed in order to give the players bowling space. Team "A" collects the balls, each player taking one. Team "B" sets its clubs on the line. At signal team "A" rolls the ball towards its opponent's clubs. This continues, the teams rolling alternately until each team has rolled ten times. The team which displaces the greater number of its opponent's clubs in any one attempt wins.

Captain Ball (18-30) (Girls)

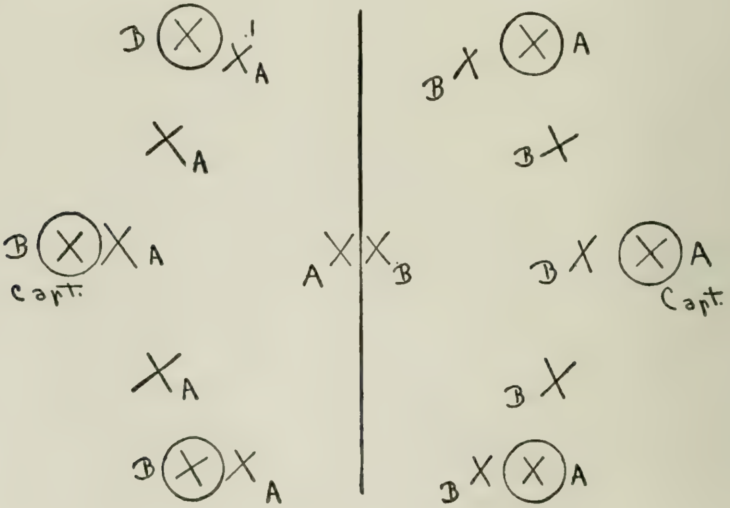
Divide the playing field in half. Establish three circles on each side of the line as per the attached diagram. These circles should be four feet in diameter and fifteen feet apart—measured from line to line. The circles are the bases. Divide the group into two teams of nine players each. Within each team appoint three base men (one of whom is captain) three guards and three fielders. Place the three basemen of team "A" on one side of the field and the basemen of team "B" on the other. The three guards from each team are placed beside their opponents' bases. The three fielders are placed on opposite sides of the field. Thus on each side of the field there are three fielders and three guards of one team, and three batsmen of the opposing team.

The game is started by tossing up the ball between two opposing fielders in the center. The fielders try to intercept passes and recover rolling balls. The guards try to prevent their basemen from catching the ball. As the guards and fielders get the ball they try to pass it on to their Captain. The guards may only throw to fielders, fielders to basemen, and basemen to Captain. Each time the Captain secures the ball one point is scored for his team. After each score the ball is put in play as at the beginning. It is a foul:

1. For a guard to step into a base.
2. For a baseman to step out of a base.
3. To run with the ball.
4. To bounce the ball more than once.
5. To snatch the ball from an opponent.
6. To hand the ball instead of throwing it.
7. For guards or fielders to cross the center line.
8. For a player to hold the ball longer than three seconds.
9. For a fielder to interfere with a pass by the basemen,

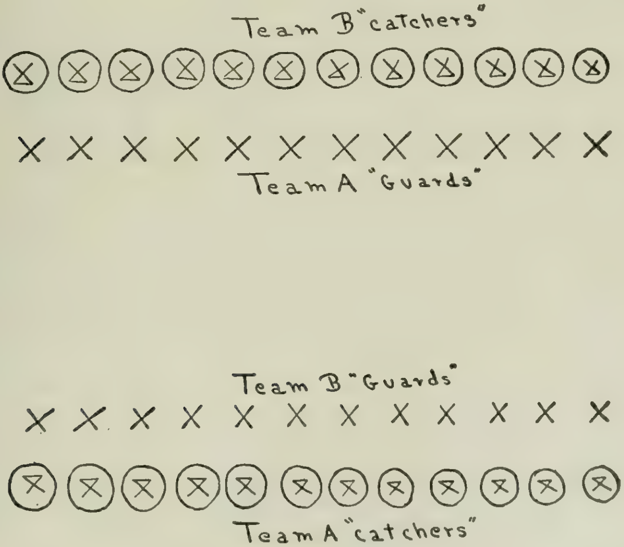
Any player making a foul gives the opposing team a free throw. Free throws are made by one of the basemen to his Captain. The Captain's guard alone may try to prevent the Captain from getting the ball. Three five-minute periods constitute a game. At the end of each period the guards, fielders and basemen change places. The team having the most points at the finish wins.

By having five bases for each team 30 players may play this game; each team then has four basemen, one Captain, five guards and five fielders. The game may also be played by using only basemen and guards, leaving out the fielders.



Catcher Ball (20-60) (Girls)

Divide the group into two teams of equal numbers. Place half of each team in parallel lines twenty feet apart—the players in each line standing six feet apart. These players are "Catchers"; have each draw a circle three feet in diameter about his position. Place the other half of each team in front of the opposing team—each player guarding one "Catcher." Give a guard of team "A" a ball. At signal the player with the ball attempts to toss it to a "Catcher" of his team. The "Catchers" try to get it but must keep both feet in their respective circles. The guards try to prevent the "Catchers" getting it; they may move anywhere they wish but may not step in the circles. If a "Catcher" gets the ball fairly one point is scored for his team. If a guard gets it he stands within three feet of the circle he is guarding and tries to toss it to a "Catcher" of his team. When a "Catcher" secures the ball he passes it to his guard Ten points constitutes a game—the team scoring these first wins.



Catch Number Ball (15-30) (Girls)

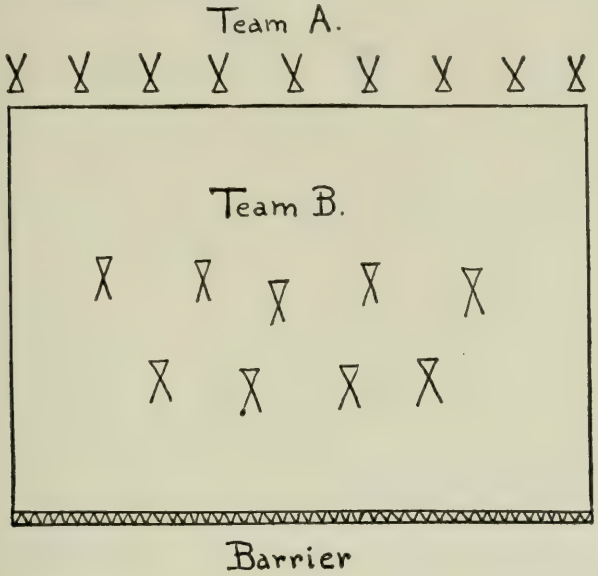
Arrange all but one of the group in a circle thirty feet in diameter, facing in. Number the players consecutively. Place the extra player standing in the center of the circle. Give this player a ball (playground, basket, volley, tennis). At signal the player in the center throws the ball into the air and calls a number not greater than the number playing. The ball should be tossed so that it will fall in the center of the circle. The player bearing the number called attempts to catch the ball before it strikes the floor. If he succeeds the player who threw up the ball returns to the circle and the catcher throws it up and calls a new number. If he fails he returns to the circle and the thrower tosses it up again and calls a new number. The ball should be thrown high enough to give the runner a fair chance but not so high as to make it easy. Failure to catch the ball scores one "dud" for the player. The game continues until some player has three "duds"; this player must pay a penalty.

Catch the Caboose (16-46) (Girls)

Arrange all but one of the players in groups of three. Appoint the extra player "It" and place him in the center of the field. Have each group of three players form in column; No. 1 in front, No. 2 clasping arms about the waist of No. 1, No. 3 clasping arms about the waist of No. 2. The three constitute a "Train"; No. 1 is the "Engine," No. 3 is the "Caboose." "It" attempts to catch onto any "Caboose" by clasping his arms about "Caboose's" waist. The "Trains" move about so as to prevent "It" from catching on behind. When "It" is successful in hooking on to a train the "Engine" becomes "It." No. 2 becomes the "Engine," and the player formerly "It" becomes the "Caboose."

Catch the Diamond Bearer (20-60)

Establish a rectangular field fifty feet square; two opposite lines are the base lines—the other two lines are the side lines. Establish a line of apparatus along one of the base lines. If a fence is available establish the rectangle against the fence; this is the barrier. Divide the group into two teams of equal numbers—place one of them along the base line opposite the barrier—place the other team in the center of the field. Give the team at the base line (Team "A") a small object that can be put in the pocket—this is the "Diamond." This team secretly gives the "Diamond" to one of its players who puts it in his pocket. At signal all of the players of team "A" run forward, attempting to delude the opposing team so the player with the "diamond" can get over the barrier. Team "B" in the field, not knowing who has the "diamond," attempts to catch as many of the runners as possible. Runners thrown so any part of the body other than their feet touch the ground are considered caught. Players running out of bounds are considered caught. Players who get over the barrier are safe. The game continues until all are caught or over the barrier. If the player with the "diamond" gets safely over the barrier team "A" wins; if he is caught team "B" wins.



Catch the Jailbird (15-30) (Girls)

Establish a playing area one hundred feet square. Place all of the players but two in line in the center of the playing area, holding hands. Appoint the two selected players "Jailbirds" and place them in opposite ends of the playing area. At signal the line moves so as to allow the player on the right end of the line to tag one of the "Jailbirds." The "Jailbirds" may run around the line or they may attempt to get through the line either by crawling through, climbing over, or breaking through. Either "Jailbird" forced out of bounds or tagged by one of the players on the ends of the line ceases to be a "Jailbird," and falls in at the left end of the line. The player who was at the right end of the line becomes one of the "Jailbirds" and at signal the game recommences. A tag made while the line is broken is considered null.

Circle Club Bowl (10-30) (Girls)

Arrange the group in a circle thirty feet in diameter. Give each player an Indian Club and have each set his club down behind him.

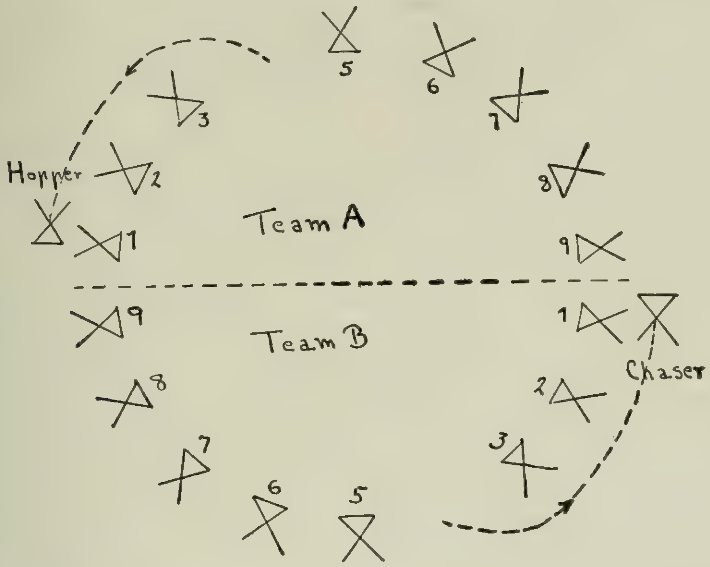
Have the players count off—the odds form one team, the evens form another. Mark one team so both are readily distinguished. Give each team a ball (medicine, basket, soccer). At signal each team bowls its ball at one of the opponent's clubs, each player guards his club from the ball. After the first throw the balls are recovered and bowled by anybody. All bowling, however, must be done from a player's position in the circle. Any player whose club is upset either through knocking it over himself, or through contact with the ball picks up his club and withdraws from the circle. Players who are eliminated may recover balls rolling outside of the circle and return them to their team mates who are still in the game. The game continues until one team is entirely eliminated—the other team wins.

Circle Duck on the Rock (15-30) (Girls)

Have each player get a stone as large as his fist. Arrange all of the group in a circle fifty feet in diameter. Have each player mark his position on the floor. Place a large flat stone in the center of the circle. Appoint one player "It" and have him place his stone on the flat stone in the center and return to his position in the circle. At signal, starting to the right of "It," each player in turn, tossing underhand, throws his stone at the "duck." When the "duck" becomes dislodged all of the players who have thrown run to recover their stones and return to their positions. "It" at the same time runs forward, replaces the "duck," and attempts to tag one of the runners. Any player tagged before reaching his proper position becomes "It." The old "It" takes his stone and returns to his position, the new "It" puts his "duck" on the rock and returns to his position. The player to the right of the new "It" starts the game again.

Circle Hop Chase (16-32) (Girls)

Arrange the players in a circle thirty feet in diameter. Divide the players in half and number each half consecutively from left to right. Appoint one half (team "A") to be hoppers and the other half (team "B") chasers. At signal call a number within the numbers held by the players. The player of team "A" bearing the number called, hopping on one foot, travels to the right on the outside of the circle around to his starting position. The player of team "B" bearing the number called steps back and runs to the right about the circle attempting to catch and tag his opponent before that player arrives at his starting position. If the latter succeeds one point is scored for his team. If he fails no score is made. Another number is called and the game continues until all have run. The roles of the two teams are then changed—team "B" hops and team "A" chases. After all have run the team scoring the greatest number of points wins.



Circle Tug (10-30)

Establish a circle four feet in diameter. Arrange the players in a ring about the circle; players standing shoulder to shoulder and facing in. Have each player put his arms about the shoulders of the two adjoining players. At signal each player attempts to draw the other players into the circle. Players forced to step inside of the circle are eliminated and withdraw from the ring. After a player withdraws, the circle is reformed and at signal the game is restarted. In case the ring of players becomes broken the game is halted, the players rejoined and the game is restarted, as in the beginning. The game is continued until only one player is left. When the number of players gets so small they cannot encompass the circle, the ring of players is formed at one side of the circle and as before each attempts to eliminate the others.

Climb Tag (10-40)

A playing area that has some climbing apparatus is necessary for this game. Scatter the players over the playing area. Appoint one player "It." At signal, "It" chases the other players, attempting to tag one. The runners are permitted to climb apparatus or trees to get out of the reach of "It," but "It" is not allowed to climb. "It" may only tag players that he can reach while he is on the ground or by jumping. Any player tagged by "It" becomes "It" and the game continues. If the players get in the habit of sticking up in the air the Instructor should call "Down" when all must drop to the ground and stay there until a new player has been made "It."

Court Tag

Establish a playing field sixty feet long by fifty feet wide with a line through the center so as to make two courts sixty by twenty-five. The sixty-foot lines are base lines; the fifty-foot lines are side lines; the center lines is the dead line. Arrange all but two players behind one of the base lines. Appoint the two selected players "Its" and place one in each of the courts. At signal the players at the base line run for the opposite base line. The "Its" each remaining in his court, attempt to tag the runners as they pass through. Any players tagged by an "It" in his court joins him in tagging other players. When all have reached the other line or have been tagged a new signal is given and all run back to the first base line. The "Its" attempt to tag them as before. Any player running over the side lines joins the "Its" holding the court at the point he stepped over. Any "It" running over the side line or dead line is ineligible to tag anyone until all have been tagged. The game continues until all have been tagged. The court with the largest number of "Its" wins.

Cross Tag (10-40) (Girls)

Scatter all but two of the group over the playing area. Of the selected players appoint one "It" and the other the "Runner." At signal, "It" chases the "Runner." He must chase this man until he tags him or some other player crosses in between them. Any player crossing in this manner becomes the "Runner." If the "Runner" is tagged the players are reversed—the one that was "It" becomes the "Runner" and the "Runner" becomes "It."

Crawl the Dragon (15-30)

Place one player standing with his back to a wall—he is the "Dragon's head." Arrange all but one of the other players of the group in column leading from the "Dragon's Head," each player bending forward and grasping the player in front about the waist so they form a continuous line of backs—this is the "Dragon." At signal the selected player jumps on the tail of the "Dragon" and starts to crawl along it toward the head. The "Dragon" through wiggling, shaking and swinging its tail attempts to dislodge him. The players forming the "Dragon" must not rise up or release their holds on the players in front. If the crawler touches any part of his body, including his foot, to the ground he is eliminated. He counts the number of players whom he succeeds in crawling over and then joins on the tail of the column. The "Dragon's Head" then goes to the rear, the first player becomes "Dragon's Head," and at signal the new crawler vaults aboard. Each player in turn repeats the effort, until all have attempted it. The player who succeeds in crawling over the greatest number of players is the winner.

Crown the Dragon (20-40)

Divide the group into two teams of equal numbers. Place one player of team "A" with his back against a wall. Place all of the other players of the team in column, bending forward and clasping the player in front about the waist so they form one continuous line of backs. The first player's head should be against the player at the wall. The other players should turn their heads to one side so they will be out of the way. Place team "B" in column a short distance from the tail of the "Dragon." At signal the players of team "B," acting in turn, straddle vault on the tail of the "Dragon," and slowly work their way toward its head, each succeeding player leaping on as the preceding player gets out of the way. The "Dragon" through shaking and swinging its tail attempts to dislodge the riders. Each player in the "Dragon" however, must not rise up or release his hold on the player in front. After mounting the tail any player touching the ground with any part of his body is eliminated and must withdraw. Players who "Crown the Dragon" (touch the leading player on the head) dismount. This continues until all have been eliminated or reached the head. The number who reached the head or the closest that any player approached the head is noted. The two teams then exchange places and team "A's" record is noted. The team with the best record wins.

Curtain Ball (16-30) (Girls)

A curtain, a wall, or a shed from eight to twenty feet high is necessary for this game. Establish a court thirty feet square adjacent to each side of the curtain. Divide the group into two teams and place them in scattered positions in opposite courts. Give team "A" a ball (medicine, basket, playground). At signal team "A" throws the ball over the curtain. Some player on team "B" catches it and throws it back, etc., the ball is thrown back and forth until one team makes a foul. Each throw must be made by the player who catches the ball from the point where he caught it. Either team committing a foul; (1) throwing the ball out of bounds; (2) letting the ball hit the ground on fair territory; (3) failing to throw the ball over the net with one throw, scores one point for the opposing team. After each score the ball is put in play by the team making the foul. Fifteen points constitute a game. The team securing fifteen points first wins.

Day and Night (20-40) (Girls)

Divide the group into two teams of equal numbers. Identify one team by having each of the members tie handkerchiefs about one arm, or removing their hats. Have the two teams scatter indiscriminately about the floor. At signal the Instructor calls "Day," or "Night," sometimes calling the same word several times in succession and then alternating. The Instructor should be as "tricky" as he can be in calling the names. When he calls "Day," the "Days" try to tag the "Nights." The "Nights" try to put one hand on the ground and thus become immune to tagging. When "Night" is called the situation is reversed. Any player fairly tagged is eliminated from the game and leaves the playing area. The game continues until one team is entirely eliminated; the other is the winner.

Den Tag Elimination (12-20)

Arrange the players in a circle—players standing ten feet apart. Have each player mark his position, using a large stone or making a circle—this is his den. At signal some player, to start the game, leaves his den, some other player sets out to tag him, a third sets out to tag either of them, etc., each player may only tag a player who has left his den before himself. A player may return to his den, however, any time he chooses and leave again, thereby making himself immune to tagging by those already out and making himself eligible to tag an increased number. Players who are tagged become the prisoners of the taggers. Taggers with prisoners return to the base with them without liability of being tagged. Prisoners are stationed at the capturing player's base. When a player with prisoners is tagged both he and his prisoners go to the tagger's base.

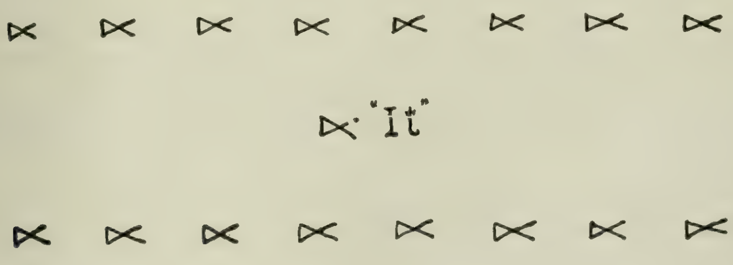
In this manner groups gradually accumulate until finally all are held by one player—this player is the winner.

Dog and Rabbit (20-40 (Girls)

Arrange all but two of the group in a double circle facing in. Have the outside circle cover off the inside circle at normal distances —pairs standing six feet apart. Of the selected players appoint one "Dog" and one "Rabbit," and place them on opposite sides of the circle. At signal the "Dog" chases the "Rabbit." The "Rabbit" runs about the circle and jumps in front of any pair of players he chooses. The rear player of this group immediately becomes the "Dog" and the other player becomes the "Rabbit" and the game continues. If the "Dog" at any time tags the "Rabbit" the two reverse offices and the game continues.

Double Column Channel Ball (16-40) (Girls)

Divide the group in half and place each in parallel columns six feet apart—players standing at three-foot intervals. Have the players spread their feet. Give one of the players in each column a ball (medicine, basket, soccer). Appoint an extra player "It" and place him between the two columns. Instruct all of the players but "It" to lean forward. At signal "It" attempts to tag one of the balls. The players in the columns roll the balls back and forth between their legs as they please, attempting to prevent "It" from tagging them (the balls). "It" may move from one column to the other as he wills. If a ball rolls out of the channel of legs the player responsible must recover it. During this time "It" may attempt to tag the ball. The ball must be rolled on the floor at all times; it must not be lifted. If "It" tags either ball the player responsible exchanges places with "It" and at signal the game continues.



Dub Statue (10-30)

Establish a line forty feet long—this is the starting line. Place all but one of the group on the starting line. Appoint the extra player "It" and place him sixty feet in front of the starting line, facing away from the same. At signal he counts to ten; he must count loudly, but may count fast or slow as he chooses. While he is counting the players on the line advance toward his, but become as statues when he counts ten. At the count of ten "It" faces rapidly about; if he sees anyone moving he calls the player by name and he must return to the start again. "It" faces about and counts to ten again. The game continues in this manner. The players who reach and tag "It" are safe. The game continues until all are safe. The last player safe is a "Dub" and must pay a penalty.

Ducks Fly (10-50) (Girls)

Arrange the group in open formation facing the front. Take position directly in front of the group where all can see. Call out the natural activity of any animal or an activity the animal cannot perform, such as "Ducks fly," "Fish run," "Dogs climb," "Birds crawl," "Crabs crawl," "Chickens swim," "Boys run" and so on and imitate the activity mentioned. True statements should be imitated by the players at once; untrue statements should not be imitated. (The Instructor imitates all regardless of truth.) Players failing to imitate the action of a true statement or imitating the action of an untrue statement are eliminated and sit down in their position. The elimination continues until all have been seated—the last player eliminated is the winner.

Duck on the Rock (10-30) (Girls)

Establish a line twenty feet long—this is the throwing line. Place a flat rock, brick or a block of wood forty feet in front of the line. Have each member of the group get a stone about the size of the fist and take position at the starting line. Appoint one of the players "It" and have him take position at the rock, placing his "Duck" on the same. At signal the players on the line toss their "Ducks" at the rock, attempting to dislodge the "duck" resting there. After tossing, players attempt to secure their rock and return to the throwing line with it without being tagged by "It." "It's" "Duck" must be on the rock at the time of tagging to make a tag valid. Any player knocking the "Duck" off of the rock gets a free passage back to the starting line. Any player tagged by "It" displaces the old

"It's" "Duck," places his own on the rock and takes up the duties of "It." The old "It" is given a free passage to the starting line.

Dunce (15-30) (Girls)

Arrange all but one of the group in a circle forty feet in diameter, players facing in. Place a stool (or a small box) in the center of the circle. Appoint the extra player "Dunce" and place him standing on the stool. Give the players in the circle two medicine balls. At signal the players with the balls throw them at the "Dunce" attempting to knock him off of his pedestal. After the first throw anyone can regain the balls and throw them at the "Dunce." All throws, however, must be made from the player's original position. The throwing continues in this manner until the "Dunce" is overthrown. The player who threw the ball that dislodged the "Dunce" retains his position. The player who threw the other ball last becomes "Dunce" and exchanges places with him. At signal the game recommences.

Elimination Ball (10-40)

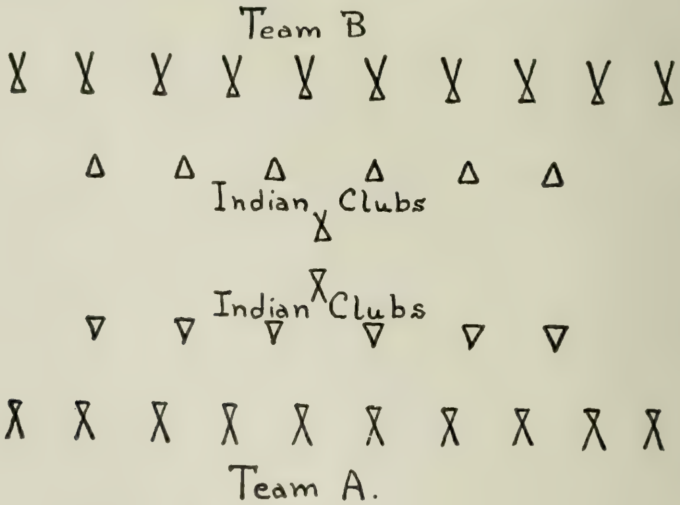
Establish a playing area fifty feet square. Scatter the players about the playing area. Start the game by throwing a soft ball onto the field of play. Each player thereafter tries to eliminate the other players by hitting them with the ball. Any player touched anywhere by the ball while it is on the fly is eliminated and at once withdraws from the field of play. The ball upon touching the ground becomes "dead" and may be picked up and thrown by anyone. The ball is also "dead" after it has hit one player. Any player stepping out of bounds is eliminated. Have the eliminated players recover the ball when it goes out of bounds and toss it into the field of play. The game continues until all but one has been eliminated; this player is the winner.

Elimination Rope Pull (12-40)

A rope thirty feet long with its ends tied so it is endless is necessary for this game. Place the rope so it forms a square on the ground. Place an object (stone, ball, Indian club, etc.) on the ground ten feet from each corner of the rope. Arrange the group in line at a little distance from the rope. Have the first four players take hold of the corners of the rope. At signal all pull, each attempting to reach and pick up the object lying at his corner. The player who succeeds is the winner—the other players are eliminated. The remaining players, pulling in groups of four, all pull in turn. Arrange the winners in line and have them pull in groups of four again. This continues until all but one has been eliminated; this player is the winner.

Floor Bowls (16-40) (Girls)

Establish two lines fifty feet long, sixty feet apart. Divide the group into two teams of equal numbers and place them behind opposite base lines. Place six Indian Clubs six feet apart in a line two feet in front of and parallel to each of the lines. Place one player from each team in front of the clubs. Give each team two balls (medicine, basket, playground). At signal each team rolls (bowls with underhand swing) the balls at the opposite team's clubs. Clubs knocked over are removed from the field. Players must remain behind their base lines. The two players standing in front of the clubs each attempt to prevent their own team's clubs from being knocked over. They may use only their feet and legs in doing this. Each also recovers the balls stranded in his half of the field and passes them to his teammates. After the first roll the balls are rolled back and forth indiscriminately until all of the clubs of one team are down. The team on the opposite side of the field wins.



Follow the Leader (10-40)

Arrange the group in a column of files. Place someone who is more or less athletic at the head of the column. At signal, the leader starts off at a "dog trot"—the other players running in column follow. The leader runs anywhere he desires, undertaking any reasonable hazard that he can find, such as jumping ditches, vaulting fences, clambering over tree limbs, and so forth. Simple stunts should be tried first but gradually they should be made more difficult. Men who fail to do any stunt that the leader sets drops out of the column. Incidentally if the leader fails in any stunt he attempts he withdraws and a new leader is appointed. Only one attempt is allowed at a hazard. The Instructor should change leaders after every five or six stunts. This continues until only one player is left —this player is the champion.

Football Tag (10-40)

Scatter the players over the playing area. Appoint one player "It" and give him a ball (soccer, indoor soccer, basket). At signal "It" kicks the ball about, attempting to hit some player with it. Both "It" and the players may run about where they will in the playing area, but only "It" may run out of bounds. "It" may dribble the ball as he pleases. Any player touched by the ball becomes "It" and takes up the duties of this office at once.

Fortress (16-40)

A Swedish boom, two or three horses placed end to end, two sets of parallels with mats over them or a section of fence twelve feet long, each about chest high, is required for this game. This obstacle is the "Fortress." Divide the group into two teams of equal numbers—one team is the "Attackers," the other the "Defenders." Place the "Attackers" in line twenty feet from the front of the "Fortress." Place the "Defenders" directly in back of the "Fortress."

At signal, the "Attackers" advance and attempt to get into the "Fortress." The "Attackers" must go over and not under or around the sides of the "Fortress." Neither must they attempt to move the "Fortress" if it is not stationary. "Defenders" try to keep "Attackers" from getting into their stronghold. Both "Attackers" and "Defenders" may use every means they can devise to achieve their end. Unnecessary rough tactics such as kicking and striking are, of course, barred. "Attackers" gaining the inside of the fort are safe and must get out of the field of play. Set a time limit of three minutes. At the end of this time, signal for a halt.

Count the number of "Attackers" in the "Fortress." "Attackers" sitting, lying or in any way resting on the "Fortress" are not counted. Then have the two teams reverse positions. "Attackers" become "Defenders" and "Defenders" become "Attackers." At the expiration of three minutes count the number of successful "Attackers." The team which succeeds in getting the greater number inside wins.

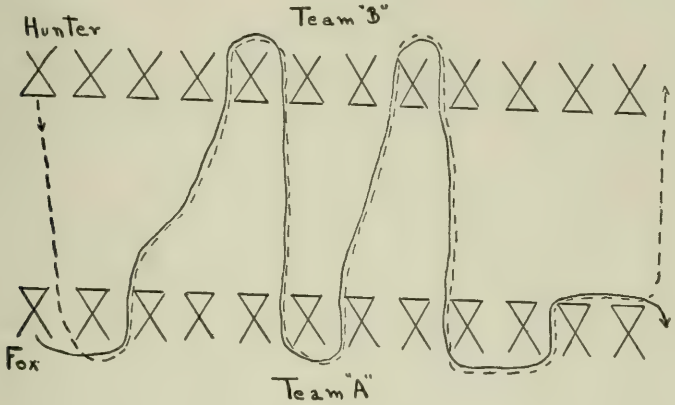
Fox and Ball (16-30)

A small building is required for this game. Divide the group into two teams of equal numbers; place them on opposite sides of the building. Give team "A" a ball (playground, tennis). After a signal has been given, team "A" throws the ball over the building, throwing it to a point and at a time that will surprise their opponents. The players on team "B" attempt to catch the ball. If the ball is not caught, the ball is recovered and in the same manner thrown back. If the ball is caught the catcher (the "Fox") attempts to steal around one side of the building and hit a member of the opposite team with the ball. As soon as team "A" throws the ball it watches the far corners of the building to see which way the "Fox" is coming. (They must also watch for the return of the ball over the building.) As soon as he is seen, all run for the opposite end of the building. The "Fox" cannot approach nearer than a line drawn in prolongation of the end of the building. If the "Fox" hits a player on team "A" one point is scored for team "B." If he fails there is no score. In either case the ball is recovered by one of the players of team "B" who throws it over the building to team "A" and the game continues. Five points constitute a game. The team securing these first wins.

Fox Chase (16-30)

Divide the group into two teams of equal numbers. Arrange the teams in separate lines facing each other—lines six feet apart, players in each line three feet apart. The leader of team "A" is the "Fox," the leader of team "B" is the "Hunter." At signal the "Fox" runs for the foot of the lines. The "Hunter" runs after him, following exactly the path set by the Fox." If the "Hunter" catches the "Fox" and tags him before he reaches the other end of the lines, one point is scored for the "Hunter's" team. If he fails to tag him no score is made. The "Fox" must run through each line three times or more. Both fall in at the foot of their respective teams. The two players at the head of the lines are appointed "Fox" and

"Hunter"—this time, however, the leader of team "B" is the "Fox" and the leader of team "A" is the "Hunter." At signal the "Hunter" chases the "Fox" as before. In this manner the game continues, each team alternating in its role of "Fox" and "Hunter" until all have run. The players standing in the lines should not interfere with the runners. The team scoring the most points wins.



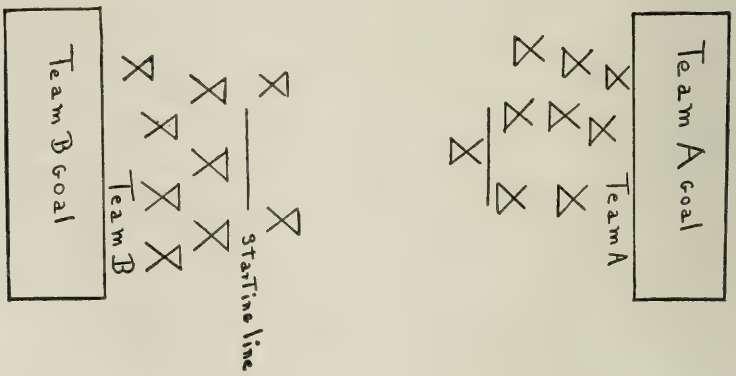
French Bowls (10-20) (Girls)

Establish a starting line three feet long. Divide the group into two teams of equal numbers and place them in separate columns behind the starting line. Number the players of each team consecutively. Give the first player of each team a ball (medicine, basket, volley, soccer, playground). At signal the player of team "A" with the ball, standing on the starting line, throws it so it will lie from twenty to forty feet away. After it has come to a rest the player of team "B" with the ball, standing at the starting line, rolls his ball at the other, attempting to hit it. If he fails the second player of team "A" picks up his team's ball and rolls it at team "B's" ball. If this roll fails to score a hit, the second player of team "B" rolls. This continues, the players rolling in the order of their numbers and rolling from the point where the ball stops. When the last player has rolled, the first player starts again. On scoring a hit the team whose ball was hit scores one "dud." The next player in regular turn rolls the ball as did the player who began the game. This continues until one team has scored five "duds"—all of the members of this team must pay a penalty at the hands of the other team.

Goal Ball (12-24) (Girls)

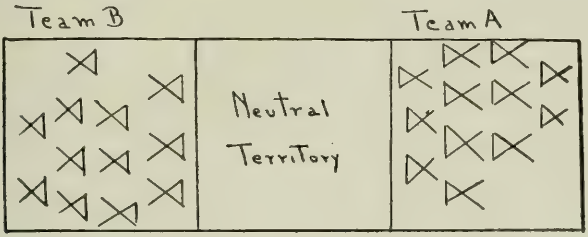
Establish two well-defined rectangles thirty feet by fifteen feet, with long sides parallel; their distance apart is determined on the basis of the distance of two good throws, taking into consideration: (1) the type of ball used, (2) the class of players, and (3) the manner of throwing. Divide the group into two teams of equal numbers and place each scattered in opposite halves of the field facing the center; the rectangle in back of each team is that team's goal. Give team "A" a ball (medicine, basket, playground, hurl ball). Designate the style of throw (free style, overhead, both hands, etc.). Select a position in team "A's" half of the field from which an average throw would place it in the relative position in "B's" half of the field; this is the starting line.

At signal, one of the players on team "A," standing on the starting line, throws the ball toward "B's" goal. If the ball is caught on the fly the catcher takes three steps forward and throws the ball toward "A's" goal. He starts his steps from the point where he caught the ball. If the ball is not caught it is thrown from the point where it was first touched by the player who touched it. The ball is thrown back and forth always in the desginated manner, each team attempting to throw it in the opposite team's goal. A point is scored by the throwing team each time the ball hits in the goal from the fly. Players are not allowed to enter the goal and violation of this rule scores one point for the opponents. After each score the ball is put in play from the starting line by the team scored against. If the ball is thrown over the goal it is thrown back from the center of the goal. Six points constitute a game; the team scoring this number first wins.



Ground Ball (16-30) (Girls)

Establish a rectangular field approximately twenty-five feet by seventy-five feet. Establish two lines across the center of the playing field so as to divide it into three courts of equal size, each approximately twenty-five feet square. Divide the group into two teams of equal numbers and place one in each of the end courts. The central court is neutral territory. Give team "A" a ball (basket, volley, medicine). At signal team "A" throws the ball into the court of team "B." Team "B" catches it and throws it back, team "A" returns it, and so on, the ball is thrown back and forth across the neutral territory. If either team: (1) allows the ball to touch the surface in its court; or (2) is responsible for the ball touching out of bounds or on the neutral surface, one point is scored for the opposing team. After each score the ball is put in play by the team responsible for it. Fifteen points constitute a game, the team securing this number first wins.



Guess Ball (10-25) (Girls)

A wall is essential to the best playing of this game. Establish a line twenty feet long, fifty feet from the wall. Assemble the group behind the line. Appoint one player "It" and place him facing the wall. Give one of the players in the group a soft ball (volley, basket, playground, tennis). This player throws the ball at "It." If "It" is not hit he is given three guesses as to who threw at him; if he is hit he is given one guess as to who threw at him. In either case if he guesses correctly the thrower becomes "It"; if he does not guess correctly he remains "It." The game then continues as before.

Ham, Ham, Chicken, Ham, Bacon (15-40) (Girls)

Establish two lines fifty feet apart—these are the base lines. Establish two other lines midway between and parallel to the base lines ten feet apart—between these two lines is the center zone. Establish side lines along each side of the field. Place all but one of the players behind one of the base lines. Appoint the extra player "It" and place him in the center zone. At signal "It" calls "Ham, Ham, Chicken, Ham, Bacon," upon which all of the players run for the opposite line. "It," remaining in the center zone, attempts to tag players as they cross the zone. Any player tagged by "It" joins "It" in attempting to tag other players. When all have reached the further base line or have joined "It," "It" makes the same call again and the players attempt to get to the opposite side. "It" may, however, call "Ham, Ham, Chicken, Ham, Ham," or some other combination other than the regular call. A call given by an "It" other than the original "It" is also considered false. Any player stepping over the line on a false call joins "It" in the center of the zone. A tag made by an "It," while he is outside of the center zone, is considered null. The game continues in this manner until all have joined "It"—the last player tagged is the winner.

Hand Balance (10-30)

Arrange the players in a scattered manner about the playing area. Give each player a stick four feet long. All of the players should have sticks of the same size and length. Have each player balance the stick in the palm of one hand, steadying the same with the other hand. At signal all players release the steadying hand and balance the stick in the palm of the other. Any player: (1) touching his stick with his other hand or (2) letting his stick fall, is eliminated. Players walk about at their own risk. Players forced to drop their sticks through colliding are eliminated. Eliminated players stand at the point where they are eliminated. The game continues until all but one has withdrawn; this player is the champion.

Hang Tag (10-40)

This game can only be played in the woods, or where there is construction or apparatus to climb on. It is played the same as ordinary tag except that a player is safe from tagging when hanging by his arms. Players sitting on limbs or construction work or hanging by their legs are not considered safe. To be safe a player must hang by the arms alone.

Hat Fight (16-40)

The players must wear hats to play this game. The hats should be worn loosely and not jammed on the head. Divide the group into two teams. Arrange the teams facing each other in lines ten feet apart. Mark one team well so both teams can be readily distinguished. At signal the players of each team, through the use of sparring tactics, attempt to knock their opponents' hats off. The players can combat each other only in units of one. That is: two players, or three, or more, cannot attack one. The game continues until one team has been entirely eliminated; the other team is the winner.

Hat Scramble (10-50)

Establish a line sixty feet long. Place the players in line behind this line. Gather the caps of the players and place them in a pile 100 feet in front of the center of the line. At signal each player runs to the pile, finds his cap and returns to the line. Players securing caps not their own may throw them away from the pile. The player arriving last is the "Dub." The "Dub" must pay a penalty.

Hindoo Tag (10-40) (Girls)

Scatter the players about the field of play. Appoint one player "It" and give him a swatter. At signal, "It" chases the other players,

attempting to hit them with the swatter. Players are safe from tagging if they are resting with feet, hands and forehead, touching ground. Players touching chest or knees are not considered safe. If "It" hits a player fairly this player becomes "It." If "It" hits a player when he is safe (forehead and feet and hands on the ground) that player is given three free swats at "It," who must put his forehead on the ground to receive them. Any player running out of bounds becomes "It." Any player resting on his chest or knees at any time during the game must also place his head on the ground and take three swats from "It."

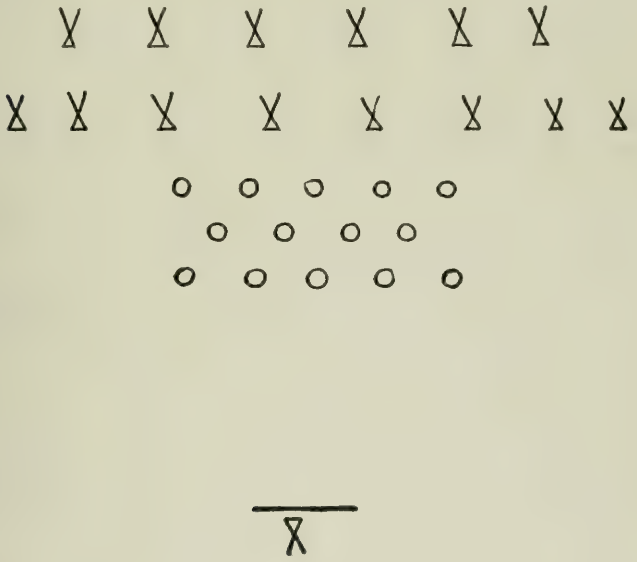
Hit the Big-Ball (16-35) (Girls)

Establish a playing field eighty feet long by sixty feet wide—the two short lines are the base lines. Divide the group into two teams of equal numbers, and place them on opposite base lines. The Instructor, holding a ball (medicine, basket) should take a position in the center of the field. Give team "A" three playground balls. At signal the Instructor throws the "Big-Ball" straight up in the air as high as he can. The players of team "A" who hold the balls, standing on their base line, attempt to hit the "Big-Ball." Any player hitting the "Big-Ball" scores three points for his team. Any player of team "B" who catches a ball on the fly scores one point for his team. At the time of throwing the receiving team must stand on their base line; after the throw is made they may run where they choose to catch a ball. The balls are recovered, the score is recorded and at signal the "Big-Ball" is thrown up and team "B" throws. The players who recover the balls throw them. The balls are thrown back and forth in this manner. Thirty points constitute a game—the team scoring these points first wins.

Hole Ball (10-30) (Girls)

Have each of the players dig a small hole in the ground two inches deep and four inches in diameter; all of the holes massed in a group from four to six inches apart. Indoors, eight-inch squares may be chalked on the floor. Establish a rolling line twenty feet from the holes. Appoint one player "Roller," place him on the rolling line and give him a soft ball (playground, tennis). Place all of the runners in back of the holes. At signal the "Roller" rolls the ball so it will lodge in one of the holes. If it fails to drop in a hole it is passed back to him; he continues to roll until it does.

When the ball settles in a hole, all the players but the owner of the hole the ball is in, run away. The owner of the hole the ball is in picks up the ball and throws it at the runners. Runners may attempt to dodge the ball. If the ball hits a runner that player scores one "dud" and becomes the next "Roller." If the thrower fails to hit a runner he scores one "dud" and becomes the "Roller." Throwers may not run with the ball. Pebbles or marks may be placed in each hole to keep score. After the ball is thrown it is recovered, all take their respective positions and the game continues. Any player getting three "duds" has to pay a penalty.



Hunt (10-40) (Girls)

A tolerably large area with trees, bushes, buildings and obstructions is necessary for this game. Assemble the group in the center of the playing area. Appoint one player "It." Define the playing area. At signal "It" starts to count slowly to a hundred, the other players run and hide. On reaching a hundred "It" yells "Coming" and starts to find the players. Upon spying a player "It" calls his name; the player joins "It" and aids him in locating the other players. The players aiding "It" must stay within twenty feet of him and on spying another player must point him out to "It" without calling. On locating a player pointed out by one of his assistants

"It" calls him by name and the player joins "It." This continues until all have been found. The last player found is the Champion.

Jump, Step, Hop (15-40)

Arrange the group in open formation as for calisthenic exercising. At signal the Instructor says "Step," "Hop," or "Jump," and then after a pause, "Left," "Right," "Front," "Back," "Up," or "No." On the second command the players should move as directed as quickly as possible. "Step" implies a leap from one or both feet onto the other; "Hop" a hop on one foot; "Jump" a leap from one or both feet onto both. "Right," "Left," "Back," "Front," indicate the direction in which the movement should be made. "Up" calls for a leap straight up in the air landing in the original position. "No" cancels the movement—the players should remain stock still. For illustration commands will be as follows: "Jump—pause 4 seconds—"Left"— "Step"—pause 6 seconds—"Front"; "Hop"—pause 2 seconds—"Left"; "Jump"—pause 5 seconds—"Up"; "Step"—pause 4 seconds—"No." After each command those exercisers who make the wrong movement, move in the wrong direction or move when they should remain still are eliminated and must sit on the floor. This continues until all but one is eliminated; this player is declared the champion.

Kaiser Ball (10-20)

A wall at least fifteen feet high is essential to the best playing conditions for this game. Establish a line six feet long, thirty feet from the wall and parallel to it, this is the throwing line. Arrange the group in a single line in back of the throwing line. Appoint one player the "Kaiser." Give him a large ball (medicine, basket, soccer) and place him five feet from the wall. Give the first player of the group a ball (playground, baseball, tennis) and place him on the throwing line. At signal the "Kaiser" tosses his ball straight up into the air to a height of twenty feet. The player on the throwing line with the ball attempts to hit the "Kaiser's" ball before it falls. If he succeeds he exchanges places with the "Kaiser." If he fails, he remains in his position. Whether he fails or succeeds, the next player recovers the ball. The big ball is tossed up again and the second player repeats the performance of the first. In this manner the game continues. When all have thrown, the first player starts again.

Keep the Ball (10-30)

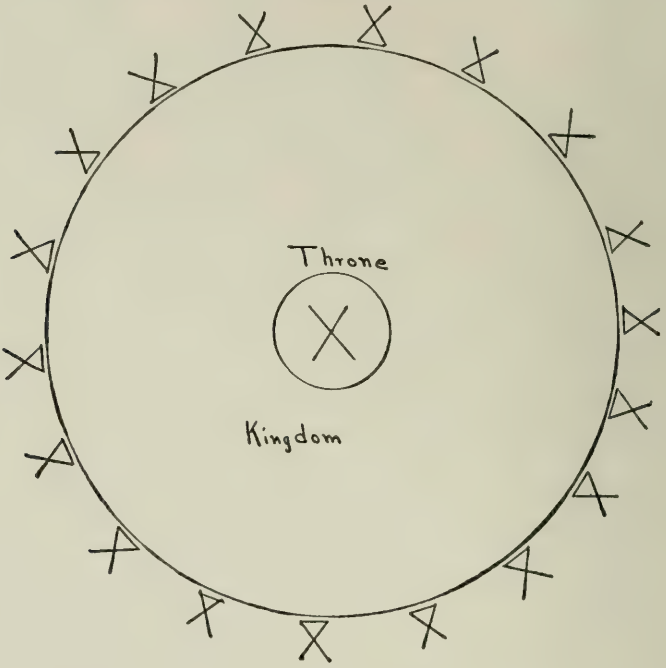
Establish a playing area 100 feet square. Divide the group into two teams of equal numbers. Mark one team so both are easily distinguished and scatter each over the playing area. Give team "A" a ball (medicine, basket, playground, tennis). At signal team "A" passes the ball among themselves attempting to keep it away from team "B" who attempt to get it. No player is allowed to hold the ball longer than five seconds. When team "B" secures the ball they pass it among themselves, attempting to keep it away from team "A" who attempt to get it back. If any player violates any of the regular Basket Ball foul rules or holds the ball longer than five seconds the ball is given to the opposite team.

Kick and Hide (15-30) (Girls)

A playing field that provides hiding places is necessary for this game. Establish a spot a foot square in the center of the playing area—this is the goal. Place a ball (soccer, playground) on the goal. Assemble the players near the goal. Appoint one of the players "It." At signal a player kicks the ball as far as possible; all of the players run and hide and "It" runs to recover the ball and bring it back to the goal. When "It" has returned the ball to the goal he starts to hunt for the hidden players. When "It" discovers a player he calls that player's name and both run for the ball. The player, either "It" or the one whose name was called, reaching the ball first kicks it and runs and hides; the other player is "It." While "It" is seeking the hiders, the hiders may steal out and attempt to kick the ball. As soon as "It" observes a player doing this he is at liberty to call the name of that player. After "It" has called the name of a player no one but "It" or the player called may kick the ball.

Kingdom Tag (10-30)

Establish a circle fifteen feet in diameter. This is the "Kingdom." Place a stool, a box, or a chair in the center of the circle—this is the "Throne." Arrange all but one of the players about the outside of the circle. Give each of the players a swatter. Appoint the extra player "King" and place him standing on the "Throne." "The "King" does not carry a swatter. At signal the players enter the "Kingdom" and tease the "King," hitting him with their swatters if they can. All of a sudden the "King" springs from the "Throne" and attempts to tag one of the players. Any player tagged by the "King" inside of his "Kingdom" becomes "King" and takes his place on the "Throne." At signal the game continues.



King Guard (15-30)

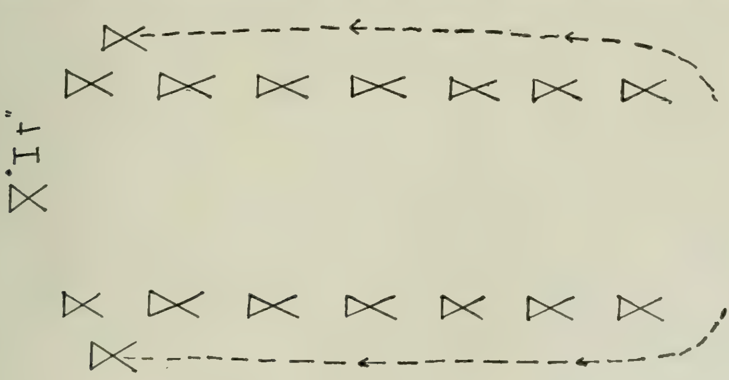
Arrange all but two of the players in a circle fifty feet in diameter. Place a chair or a stool in the center of the circle. Of the two selected players appoint one "King" and place him standing on the chair; appoint the other "Guard" and place him beside the chair. Give the players in the circle a ball (basket, soccer). At signal the players in the circle throw the ball at the "King" attempting to hit him. The "Guard" attempts to keep the ball from hitting the "King." In doing this he moves about the chair and bats the ball away. He is not allowed to catch it. The players may enter the circle to recover the ball, but all throws must be made from the thrower's position. When the ball hits the "King" the "Guard" becomes "King," the "King" joins the circle and the successful thrower becomes "Guard." In this way the game continues.

Lariat Tag (10-40)

Establish a playing area one hundred feet square. Appoint one player "It" and provide him with a piece of rope ten feet long with soft weights at each end. (A jump stand rope.) At signal "It" chases the players, attempting to hit them with the weights on the ends of the rope, either by throwing the weight or swinging it. To make a fair touch however, he must hold one end of the rope at the time of the hit. Any player so touched becomes "It," takes the rope and the game continues.

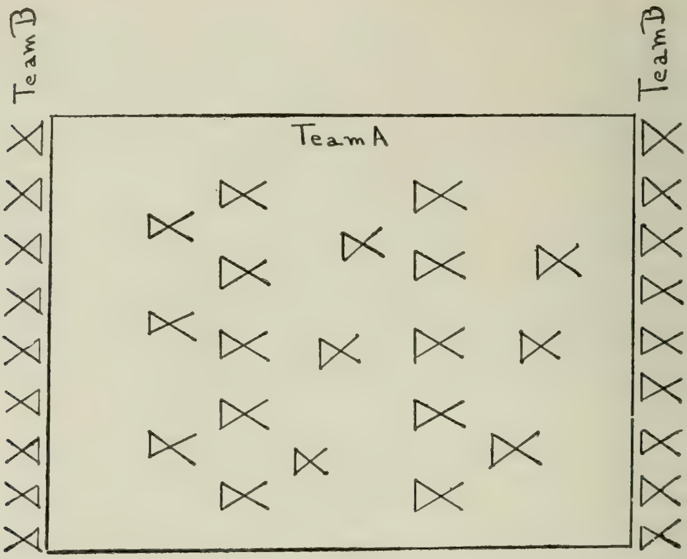
Last Couple Out (15-25) (Girls)

Arrange the players in a column of twos. Appoint one player "It." Place "It" in front of the column, facing toward the column. Have "It" call "Last couple out." The last couple separate, one going to the left and the other to the right of the column, and run toward the front. "It" attempts to tag either one of the pair before they can join hands in front of the column. If either player is tagged he becomes "It"; the tagger joins hands in front of the column with the runner. If "It" fails to tag either one of a pair before they clasp hands, he remains "It" and calls the next couple out. Players who succeed in touching hands in front fall in at the head of the column; "It" takes his position and calls for the next couple to move out.



Leg Bowl (20-50)

Establish a playing field thirty feet square—two opposite lines the base lines three balls (medicine, basket, soccer, playground). At two teams. Divide one team in half and place each half at regular intervals behind the base lines. Place the other team in scattered positions between the two lines. Give the players of the team behind the base lines three balls (medicine, basket, soccer, playground). At signal the players with the balls roll them on the floor, attempting to hit the feet or legs of the players between them. (Balls should be rolled with an underhand swing, not thrown). Players between the lines may move about as they wish. Players hit by rolling balls withdraw from the field of play at once. Record the time taken to force the entire team out. Then direct the two teams to exchange places. Repeat as before, recording the time taken to eliminate the new team. The team eliminating its opponents in the shortest time wins.



Legree and Uncle Tom (12-40)

Scatter the players over the playing area. Appoint one player "Legree" another "Uncle Tom." Give "Legree" a swatter. At signal "Legree" chases "Uncle Tom," who attempts to get free by tagging another player. Any player tagged by "Uncle Tom" becomes "Legree"; the old "Legree" becomes "Uncle Tom," and the old "Uncle Tom" becomes free. If "Legree" hits "Uncle Tom" with the swatter the two immediately exchange offices. When "Uncle Tom" tags a player or "Legree" hits "Uncle Tom," "Legree" instantly drops the swatter to the floor and the new "Legree" recovers it.

Line Blind Swat (10-25)

Arrange all but one of the players in a single line holding hands. Appoint the extra player "It"—place him twenty feet from the line, blind him and give him two swatters—one for each hand. At signal

"It" runs after the players in the line, attempting to swat one of them. The line may run where it will, but must retain its formation of grasped hands. Any player hit by "It" becomes "It," adjusts the blind, and takes the swatters. The old "It" takes position in the line at the gap created by the new "It." At signal the game recommences.

Line Soccer (14-24)

Establish two parallel lines fifty feet long, thirty feet apart—these are the goal lines. Divide the group into two teams of equal numbers and place them on opposite goal lines. Have the players on each team stand in line facing in, place their arms behind the adjoining players' backs and link hands with the second player to the left and right. Place a medicine ball (or indoor soccer) on the floor halfway between the two lines. At signal both teams run forward to the center of the field and attempt to kick the ball across the opponents' goal line. The players must retain their original position throughout the game. If either team breaks the game is stopped, the line reunited and at signal restarted from the position where it was stopped. The team successful in rolling the ball over its opponents' goal line wins.

Line Swat Tag (10-30)

The ordinary gymnasium floor with its various lines (basketball, tennis, playground ball) is well adapted to this game. Outdoor lines can be drawn. Establish in distributed positions six spots two feet square and within a foot from any of the lines, these are the "resting spots." Place all of the players on the lines. Appoint one of the players "It," and give him a swatter. At signal "It" chases the other players, attempting to swat one. The players may halt on the "resting spots" any time they choose and be free from tagging. Only one player is allowed on a spot at a time; if a player is on a spot and another player steps onto it, the first must leave. Both the runners and "It" must stay on the lines. Jumping from one line to another is forbidden. Any runner jumping from one line to another or running off of the lines becomes "It." If "It" violates either of these rules he is not eligible to swat any player in that vicinity. Any player swatted by "It" becomes "It"; the old "It" joins the runners and the game continues.

Line Tag (10-30) (Girls)

The ordinary gymnasium floor with its various lines (basket ball, tennis, and playground ball) with a few connecting lines made of chalk is well adapted to this game. Outdoors, lines can be drawn. Place all of the players on the lines. Appoint one player "It." At signal "It" chases the other players attempting to tag one. Both runners and "It" must stay on the lines. Jumping from one line to another is forbidden. Any runner jumping from one line to another or running off the line becomes "It." If "It" violates either of these rules he is not eligible to touch any one in the vicinity. Any player tagged fairly by "It" becomes "It"; the old "It" joins the runners and the game continues.

Link Pursuit Race (16-30)

Establish a circular running track 200 feet long. Divide the group into two teams of equal numbers; place the teams on opposite sides of the track. Have each team stand in column each player linking his arms about the waist of the player in front. At signal, both teams, retaining their starting formation run forward around the circle, each team attempting to catch the other so its leading player can tag the last player of the opposing team. If a team breaks it must halt and rejoin its parts before continuing. While a team is rejoining its broken parts it is subject to tagging. The team which catches and tags its opponents fairly, wins. If the leader of a team tags the other team when his own column is broken the tag is null.

Link Tag (12-40)

Establish a playing field one hundred feet square. Place all of the players inside of the rectangle. Appoint two players "It," have them stand side by side and join inside hands. At signal the "Its," maintaining their clasped hands, chase the other players. Any player fairly tagged by either of the "Its" (that is with the hands still united) becomes the "Goat" at once and must drop to his hands and feet and run to one of the boundaries of the field. While he is running in this manner the other players beat him on the buttocks with the flat of the hand. Each player is allowed to hit the "Goat" only once. Reaching the boundary line he rises and becomes free. Tags made when the "Its" have broken their handclasp are not valid. The "It" who tagged him is freed and joins the group. The "Goat" now joins hands with the other "It" and at signal the game continues.

Low Bridge Elimination (12-30)

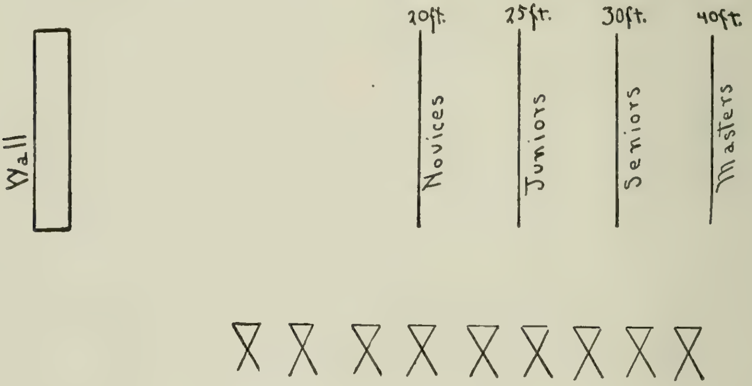
Arrange the group in a single column of files. Station two players holding a short stick in the horizontal position in front of and at right angles to the column. Adjust the bar to the height of the chin of the tallest player. At signal the column moves forward, each player in his turn passing under the stick. Passing under the stick can only be done in the prescribed manner which is with the hands on the hips and bending backwards; the knees may be bent. Those who fail to make the passage with one trial withdraw from the competition and those who are successful reform in column. After every member has had one trial the stick is lowered about three inches and those who were successful return, passing under as before; those who fail drop out, those who succeed form in a new column. This continues until all are eliminated. As the passage becomes increasingly difficult the bar should be lowered less with each cycle of attempts. The last player eliminated is the champion.

Marching Circle (15-40)

Arrange the group in a circle—players standing in a file formation at three-foot intervals. At signal, the group moves forward about the circle, marching at normal cadence. While they are marching the instructor gives commands as follows: (1) "Sit"—to sit on the floor; (2) "Lie back"—to lie on the floor on the back; (3) "Squat"—to squat on the floor; (4) "Kneel"—to kneel on the floor; (5) "Head"—to put the head on the floor while remaining on the feet; (6) "Lie front"—to lie on chest on floor; and so on. Each member of the group executes the movement as rapidly as possible. After each command has been executed the leader calls "March," upon which all rise hurriedly and march forward. Any player who is palpably much slower than the others in executing any exercise receives one "dud." The game continues until a player has three "duds." This player pays a penalty.

Master Ball (10-20)

A wall twenty or thirty feet high is necessary for this game. Establish 4 lines, twenty, twenty-five, thirty and forty feet, respectively, from the wall—these are the throwing lines. Place the group to one side of the lines. All of the players at the start are "Apprentices." Give the first player a ball (tennis, hand ball, rubber ball) and place him on the twenty foot throwing line. At signal, remaining on the line, he throws the ball against the wall and attempts to catch it on the fly. If he catches it he makes another throw from the line. Catching it again he makes a third throw. Catching it again he passes the ball to the next player and becomes registered as a "Novice." If he fails to catch one of these throws he passes the ball to the next player and remains an "Apprentice." All of the players in turn repeat this performance, those who succeed becoming "Novices" those who fail remain "Apprentices." The "Novices," each in turn, now repeat this performance from the twenty-five-foot line. Those who succeed become "Juniors," those who fail remain "Novices." The "Juniors" repeat from the thirty-foot line—those who succeed become "Seniors." The "Seniors" repeat from the forty-foot line—those who succeed become "Masters"—and the game ends.



Monkey Chase (12-40)

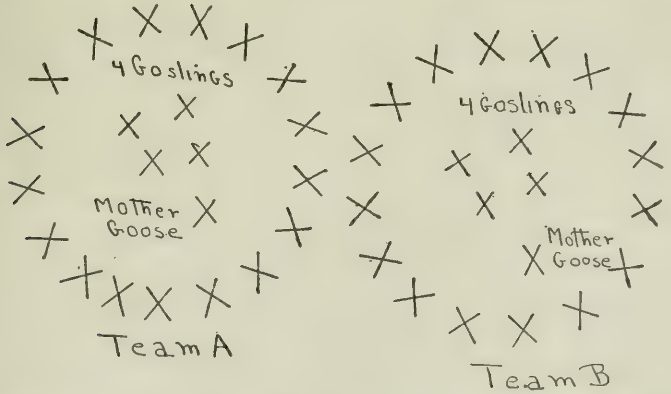
A rectangular field incorporating natural and artificial fixtures such as trees and gymnastic apparatus is needed for this game. Scatter the players within the playing area. Appoint one of the players "It" and give him a swatter. At signal, "It" chases the other players, attempting to strike one of them with the swatter. Players hanging by arms or legs or both are free from tagging. When "It" tags a runner fairly (one who is not hanging), he ceases to be "It" and drops the swatter. The player hit picks up the swatter and becomes "It." The old "It" becomes an aid to the new "It" and proceeds to help him by pushing and pulling players from their hanging positions for him to strike with the swatter. Players aiding "It" are not allowed to interfere with runners moving or standing about the playing area. Their sole job is to force players to the floor, not to hold them there. Any player running out of bounds immediately becomes "It." The game continues in this way until all have been struck. The last player struck is the winner.

Monkey Tag (12-40) (Girls)

Tie a piece of rope twenty feet long to a post in the center of the playing area. Appoint one player "Monkey" and have him grasp the free end of the rope. At signal the players tantalize the "Monkey" by running into his area. The "Monkey" tries to tag one of them. Any player tagged while he (the "Monkey") holds one end of the rope, becomes "Monkey" and takes over the duties of that office, the old "Monkey" joins the group of runners and the game continues.

Mother Goose (30-60) (Girls)

Divide the group into two teams of equal numbers. Place all but five of each team in separate circles thirty feet in diameter, players standing facing in. Place the five extra players of each team in the center of the other team's circle. Appoint one of these players "Mother Goose," and the others "Goslings." Give the players of each circle a ball (playground, basket, volley). Both teams should have the same kind of a ball. At signal each team starts throwing the ball at the "Goslings" in its center. Any "Gosling" hit by the ball is eliminated and withdraws from the circle. Each "Mother Goose" attempts to protect her "Goslings" by warding off the ball.



She may bat it, or deflect it, but she cannot catch it. She is not eliminated. The "Goslings" dodge and evade the ball in any way they can. All must stay inside of the circle. After the first throw any player in the circle may recover the ball and throw it at the "Goslings." The players may recover the ball inside or outside of the circle, but all throws have to be made from the thrower's place in the circle. The elimination continues until one group of "Goslings" is entirely withdrawn. The team which eliminates the "Goslings" in its center first wins.

Name Ball (15-30) (Girls)

Scatter the players over the playing area. Give one player a ball (playground, basket, soccer). At signal the player with the ball calls the name of some player. This player must stand still. The player with the ball throws it at him. If he is hit he is eliminated. At the moment the ball leaves the thrower's hands, however, he (the boy called) may jump or run or do anything he wishes to avoid the ball. He may also attempt to catch the ball; if he fails, however, he is eliminated. On the other hand if he catches it, the thrower is eliminated. The player whose name was called, whether eliminated or not, recovers the ball and becomes the thrower. After throwing it, if he has been eliminated, he withdraws from the field. The thrower may not run with the ball but may roll it along the ground and pick it up once; he can then call a player's name and throw the ball. The elimination continues until all but one have withdrawn, this player is the winner.

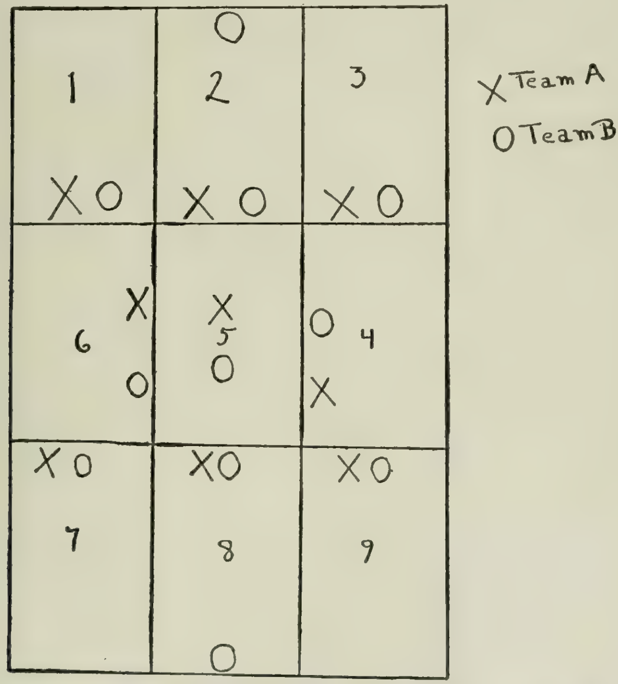
Nest Tag (20-40)

Arrange the group in a double circle; outside circle facing in; inside circle facing out. Place them so the players of each circle stand opposite each other, pairs standing four feet apart. Have each pair join hands. Select two players from the group; appoint one "It" and the other runner. At signal "It" chases the runner, attempting to tag him. The runner runs about the circle, finally ducking under the arms of any pair of players. Rising between the pair he may face either one; the player at his back immediately becomes the runner; the player in front joins hands with him. The new runner may, as the old, step in between any pair of players in the circle. If "It" tags the runner the two immediately reverse offices and the game continues.

Nine Count Basket Ball (18-24) (Girls)

Divide a regulation basket ball court into nine sections as per the attached diagram. Number the sections as per the diagram. Divide the group into two teams of nine players each. Put one player of each team in each of the sections. The players in the three courts nearest the basket are forwards; those in the middle court centers, and those in courts farthest from their basket guards.

Start the game as in Basket Ball by having two centers jump for it. The ball is then passed about—each team trying to get it to its own forwards. Only the forwards may shoot at the basket. The players must keep inside of their respective courts—any player failing to do so gives his opponent a free pass, or if his opponent is a forward, a free throw at the basket. All free throws must be made from within the throwers' court. Each time a basket is made, the players of the team throwing the basket rotate into the next numbered court—one into two, two into three, and so on, nine going into one. When the ball goes out of bounds the ball goes to the team opposite the one which touched it last. The player of this team in the court bounded by the line which it crossed in going out recovers it and makes a



free pass in. Any player fouled by an opponent gets a free pass or a free throw at the basket. The team which rotates around to its original position first wins. If there are more players present ten or twelve courts may be used. Two basket balls may also be used.

Number Catch Ball (16-36) (Girls)

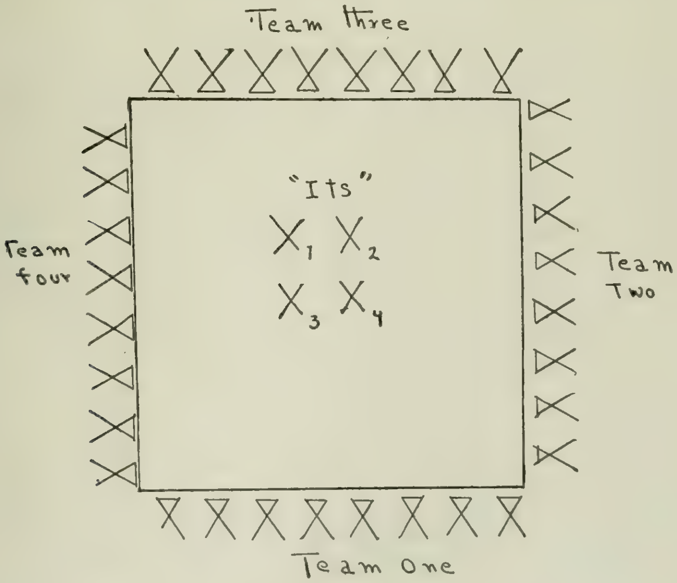
Arrange the group in a circle thirty feet in diameter, players sitting on the floor facing in. Divide the group in half—each half constitutes a team. Number the players of each team consecutively from the right. The Instructor stands in the center of the circle with a ball (baseball, playground, volley, basket) or a bean bag. Toss the ball in the air and as it leaves the hand call a number within the number of the players on each team. The two players holding the number called rise to their feet and attempt to catch the ball. The player successful in catching the ball before it touches the floor scores one point for his team. In attempting to catch the ball, players may charge and push each other but must not take hold of each other. If neither player catches the ball before it touches the floor no score is recorded. After the ball has been caught, or missed, it is recovered by the Instructor and thrown up again. In tossing the ball the Instructor should throw it just high enough to enable the players to reach its point of falling in time to catch it; it should also fall within the circle. In this manner the game continues until all have been called. The team scoring the highest number of points wins.

Odd Man's Cap (15-30)

Arrange all of the group but one in a circle. Give all of the players in the circle a stick three feet long. Give one of the players a cap. Appoint the extra player "Odd Man," give him a stick and place him in the center of the circle. At signal the player with the cap puts it on the end of his stick and tosses it to another player or holds it so one of his neighbors can pick it off with his stick. A player with the cap may run across or around the circle but after passing the cap to another player he must return to his position in the circle. The cap must always be held on the stick except when it is dropped, then it must be picked up by the player responsible for its falling. After the game has started neither the players nor the "Odd Man" may handle the cap—only the stick may be used. The "Odd Man" attempts to get the cap. Any player responsible for the "Odd Man" capturing the cap becomes "It." Thus the game continues.

Ones, Twos, Threes and Fours (32-60)

Establish a playing field sixty feet square. Divide the group into four teams of equal numbers and place each on one of the side lines. The teams are called "Ones," "Twos," "Threes," and "Fours." Appoint one player from each team "It" and place the four of them in the center of the field. At signal call a number—"One," "Two," "Three," or "Four"; the players belonging to the team called run for the opposite base line. The "Its" in the center zone (excepting the "It" of the team called) attempt to tag the runners as they cross. Players fairly tagged are eliminated and sit down in the field at the point they were tagged. Players sitting in the field must not interfere with the runners. Any player running out of bounds is also eliminated. When all have been tagged or reached the opposite base line, a new number is called and under the previous conditions this team makes a crossing. The third number follows and then the fourth. After all have run once the teams are called to run again in a different sequence. The running back and forth continues until all have been eliminated—the team eliminated last is the winner.



Ostrich Tag (10-40)

This game is played as ordinary tag with the exception that a player is safe from tagging when standing on one foot with the opposite arm under the knee of the other leg and the hand of the same arm grasping his nose. "It" is not allowed to push or interfere in any way with players standing in this position.

Over the Shed (16-30)

A small building or a high wall is required for this game. Divide the group into two teams of equal numbers; place them on opposite sides of the building. Give team "A" a ball (playground, baseball or tennis). After a signal has been given team "A" throws the ball over the building. The players on team "B" attempt to catch it. A catch scores nothing. A muff scores one point for the throwing team. The player who caught the ball throws it back. A throwing team should not notify their opponents when they are going to throw—on the other hand they should seek to surprise them. Ten points constitute a game. The team which secures these first wins.

Paddle the Dummy (12-40)

Establish a playing area one hundred feet square. Assemble the group in the center of the playing area. Toss a paddle (a flat stick about two feet long, two inches wide and half an inch thick) or a swatter into the air and call the name of one of the players. The one whose name was called is "It." He secures the paddle; the other players scatter. "It" chases these players attempting to paddle one of them across the buttocks. Any player so paddled becomes an aid to "It," his duty being to catch and hold other players until "It" comes and paddles them. All players paddled by "It" join in catching the others. Any player running out of bounds must submit to a free paddling and thereafter joins "It." This continues until all have joined "It." The last player paddled is the winner.

Poison Ball

Arrange the group in a circle; players standing facing in and holding hands. Place four Indian Clubs standing two feet apart in the center of the circle. Place a soft ball between the clubs. At signal the players start pulling each other into the center attempting to compel someone to knock over one of the clubs. When someone knocks over a club all of the players but the one who knocked it over release hands and scatter. The player who knocked over the club picks up the ball and, standing here, throws it at the running players. If he fails to hit a player he scores one "dud." If he hits a player that player scores a "dud." After the throw the players and equipment are assembled as in the beginning and at signal the game starts anew. This is continued until a player has three "duds." This player must pay a penalty.

Pass and Change (15-30)

Arrange all of the group but one in a circle thirty feet in diameter—players facing in. Appoint the extra player "It"; give him a ball (playground, basket, volley), and place him in the center of the circle. At signal "It," calls the names of two players and at the same time tosses the ball to a third. The players whose names were called run to exchange places. The player in the circle who catches the ball, throws it back to "It" at once. Upon catching the ball "It" throws it at one of the players exchanging places. If he succeeds in hitting a player before he arrives at his new position that player becomes "It." If he fails to hit a player, he remains "It." In either case the ball is recovered and given to "It" and at signal the game continues.

Pin Bowls (12-20) (Girls)

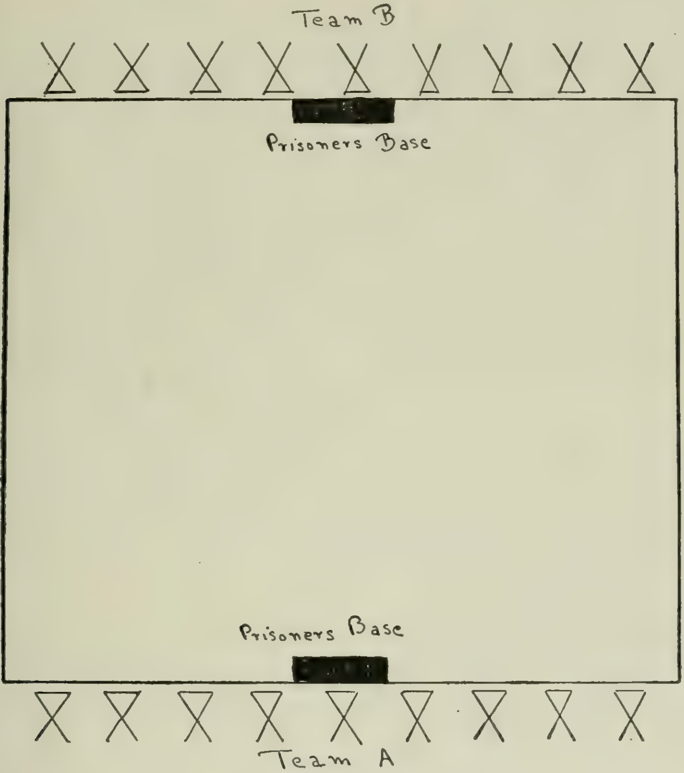
Establish a line twenty feet long, preferably forty feet from and parallel to a wall—this is the throwing line. Place an Indian club on end thirty feet in front of the line—ten feet from the wall. Give each player a dumb bell. Have each player initial his dumb bell (use chalk or pencil). Place the players on the throwing line. Appoint one player "It" and place him near the club. At signal, starting at the right of the line, each player in turn rolls (not slides) his dumb bell at the club, attempting to upset it. After throwing, the players attempt to secure their dumb bells and return to the starting line without being tagged by "It." They are not required to return at once but may make the attempt when "It's" attention is drawn to some other player. Any player bowling over the club has a free passage back to the starting line with his dumb bell. After each throw the line shifts to the right, so all throws are made from the same position. Players returning to the line fall in at the left end. Any player tagged by "It" becomes "It" immediately and the game continues. The club must be standing at the time of tagging to make a tag valid. The old "It" is given a free passage to the starting line.

Policeman and Robber (15-25)

Arrange all but two of the group in a circle. Give alternate players in the circle a wand three feet long. Have each player with the wand hold it in his right hand and extend the other end to the player on his right who grasps it with his left hand. All other hands are then joined, and the circle expands until all arms are extended. Of the selected players appoint one "Policeman" and one "Robber" and place one inside and the other outside the circle. The "Policeman" can only enter and leave the circle under the wand while the "Robber" can only pass under the grasped hands. At signal the "Policeman "chases the "Robber." During the chase each must confine himself to his own entrances and exits. The chase continues until the "Robber" is caught when the two players adjacent to the gap through which the "Robber" passed last become "Policeman" and "Robber," and the first runners take their places in the circle. In this manner the game continues.

Prisoner's Base (14-28)

Establish a playing field 100 feet square. Mark off ten feet in the center of each base line—this is the prisoner's base. Arrange one team behind each base line. At signal one or more players from either team run toward their opponents. One or more players from the opposing team rush out and try to tag them. A player leaving the base line can only tag players of the opposing team who left before he did and can only be tagged by a player who left after he did. A player may run back across his own base line and immediately enter the field of activity again in an effort to tag an opponent before he (the opponent) can return to his base line. Players tagged by an opponent are taken to the tagger's base for prisoners—both captor and captive are given free passage and placed in a chain-gang. To form the chain-gang the prisoners hold hands and extend from the base line forward toward their own base line. Each prisoner joins the chain gang at the base and moves forward as new prisoners are brought in. The players of each team attempt to release their team mates in prison by tagging them. Likewise each team should assign one or two players to guard its prisoners. Captors who have prisoners and players who have freed their team mates should hold hands with them until they have been taken to their proper positions. Released prisoners and those who released them are given a free passage to their own base line. Only one prisoner can be released at a time. Any player stepping over the side line bcomes a prisoner. Set a time of ten minutes for the game, the team having the greatest number of prisoners at the expiration of this time wins.



Quoit Toss Elimination (15-30) (Girls)

Arrange the group in a circle—players standing four feet apart and facing in. Give each player a stick three feet long. Give one of the players a rope quoit. At signal the player with the quoit calls the name of one of the other players in the circle and tosses the quoit to that player. The player called catches the quoit on his stick, calls another player and tosses it to that player. In this manner the quoit is tossed about. Any player who: (1) fails to catch the quoit on his stick, (2) fails to throw the quoit to a height of ten feet, (3) fails to throw the quoit within reach of the player called, or (4) fails to throw it so that it travels in a horizontal plane (that is, it either wabbles or travels end over end) is eliminated. Eliminated players secure the quoit, toss it, call another player and withdraw from the circle. The elimination continues until but one player remains. This player is the winner.

Range Practice (16-30)

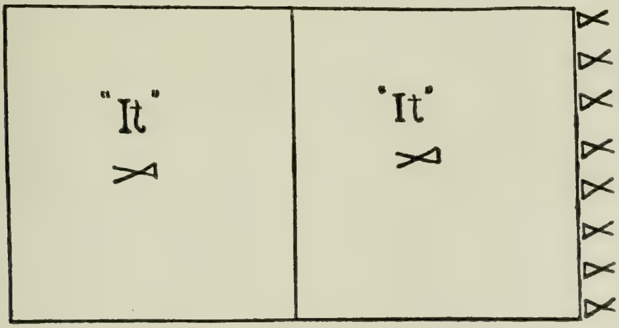
Establish two parallel lines forty feet apart. Divide the group into two teams and place one on each of the lines. Have each team stand in line at normal intervals—team "A" facing the center, team "B" facing away from the center. Give the captain of team "A" a soft ball (basket, volley, playground). At signal he throws the ball at the players of team "B" who are standing with their backs toward him. Any player hit by the ball on the fly is eliminated and withdraws. A hit player recovers the ball and gives it to the player standing on his immediate right or left. If no one is hit it is recovered and handed to the player nearest to whom it passed. The Instructor should act as arbiter in this. Have both teams execute an about-face. The player holding the ball throws it at the players of the team "A." The routine outlined before takes place and the game goes on, the teams throwing alternately. As gaps appear in the ranks of the teams, have the players move to the center and close them up. The throwing back and forth continues until one team is completely eliminated.

Rattle Snake (15-25) (Girls)

Arrange all but three of the group in a circle twenty feet in diameter, players facing in. Of the three selected players appoint one "Snake" and give him a can with a pebble in it or a small bell; blind the other two—these are "Hunters." Place the three in separate positions inside of the circle. At signal the two "Hunters" call "Rattle Snake" whereupon the "Snake" rattles the can. Upon hearing the rattle both of the blinded players attempt to catch the "Snake"; the "Snake" attempts to evade the "Hunters." Either of the blinded players may at any time ask the "Snake" to rattle and the "Snake" must respond to every request. The chase continues until the "Snake" is caught. When the "Snake" is caught he retires to the circle, the "Hunter" who caught him becoming "Snake" and a new "Hunter" being appointed. At signal the game continues.

Revenue Runners (15-40)

Establish a rectangular field sixty feet by forty feet with well defined boundary lines. The short lines are end lines; the long lines side lines. Establish a line parallel with the end lines in the center of the field. Place all but two of the players behind one of the end lines. Place one of the extra players in the center of one half of the field, the other in the center of the other half. At signal all the players on the end line run for the opposite end line. The "Its" attempt to tag one of the runners—each "It," however, must stay in his own end of the field. Any runner tagged by "It" immediately becomes "It" and attempts to tag another runner. "Its" who have passed their office into another, form in line on the center line, holding hands at shoulder height. All those who succeed in reaching the further end line are safe and form in line there facing their original position. At signal all run for the opposite end line; "It's" attempting to tag them as before. Runners tagged become "It." "It's" after tagging join the center line. When the center line group reaches from one side line to the other, start a second line, and if necessary a third, each six feet from the other. Runners may run through or around the line of players in the center but when it reaches from side to side they are required to run through it; in doing so, however, they must go under the hands of the players and not break through. The game continues in this manner until all have been tagged. The last runner tagged is the winner.



Ring-a-Lievio (16-40)

A playing area that provides hiding places is necessary for this game. Establish a circle six feet in diameter in the center of the playing area—this is the Prison. Divide the group into two teams of equal numbers. Place team "A" in the Prison. At signal one of the players of team "A" starts to count to a hundred; at the same time team "B" runs and hides. Upon reaching a hundred team "A" yells "Coming" and all start out to find team "B." Two or three players of team "B" should remain near the prison to guard it. Upon discovering a player of team "B" they chase and catch him and bring him back to the prison. A player thrown to the ground is considered caught. A player of team "B" may, by evading the players of team "A" and tagging one of the prisoners and calling "Ring-A-Lievio," release him. Both are free to go and hide again. Only one prisoner can be freed at a time. The game continues until all of team "B" have been captured.

Round-up (18-40)

Scatter all but six players of the group over the playing area. Have the six selected players stand in line and join hands—this is the "Round-up Crew." The other players are the "Steers." At signal the "Round-up Crew" chase the steers, attempting to surround one or more of them. Players rounded-up (encircled by the "Round-up Crew" so the two end players join hands) are considered captured. Captured "Steers" withdraw to one side. "Steers" may attempt to break through the hands of the "Round-up Crew" but are not allowed to crawl under them. When six steers have been captured they join hands and become the "Round-up Crew"; the old "Round-up Crew" release hands and become "Steers," and the game continues.

Run or Tag (20-40) (Girls)

Establish two parallel lines forty feet apart. Divide the group into two teams of equal numbers and place each on one of the lines facing in. Appoint a captain for each team and place each behind the opposing team. Have the players of each team number off secretly. Call a number within the limits of the numbers of the players. The players bearing the number called run forward. The player of team "A" attempts to reach the opposite line without being tagged. The player of team "B" attempts to tag him before he does. The player who is successful in his effort takes the other player as prisoner with him to a position in back of his (the successful player's) line. Call a new number. The players holding these numbers run forward. This time, however, they reverse the order—the player of team "B" tries to get across free and the player of team "A" tries to tag him. This alternation continues until all have run. No player should be called twice. The team having the most prisoners wins.

Run, Sheep, Run (14-30) (Girls)

A playing area that provides hiding places is required for this game. Establish a post or a tree in the center of the playing area as the goal. Divide the group into two teams of equal numbers. Have each team appoint a Captain. Place team "A" at the goal, and direct team "B" to leave and hide. When team "B" has been hidden, the Captain (of team "B") returns to the goal and, immediately, team "A," operating under the direction of its Captain, starts looking for the hidden team; the Captain of team "B" accompanying them. When any player of team "A" sees a player of team "B" he notifies his Captain, who immediately calls "Run, Sheep, Run" and all run for the goal. On the other hand, through a previously established code of signals, such as Red, meaning move to the right; Blue—move to the left; Green—stand still; Black—advance toward the goal, and so forth, the Captain of team "B" directs his team out of the path of the searchers. The system of signals may be made quite elaborate. When he thinks his team can beat the other to the goal he calls, "Run, Sheep, Run" and immediately all run for the goal. The team reaching the goal first in either case is the winner. It should be particularly noted that throughout the game both teams act as a unit and do not split up.

Run Through Rope Elimination (15-30) (Girls)

Arrange the group in a single column of files. Place two players ten feet apart in front of and at right angles to the column. Give these two players the ends of a rope fifteen feet long. Have the players with the rope swing it around so that the rope in passing the floor will move in the direction the column is facing. The rope should be swung slowly. At signal the column slowly moves forward, each player in his turn running through the rope without jumping it. Players who jump the rope or stop it are eliminated and withdraw to one side. Players who succeed in passing through fall in column in their regular positions. When all have had one attempt the rope is swung a trifle faster and all in the column make a new try; those failing drop out and those succeeding falling in in their old positions. After all have tried again, the rope is swung a little faster and those in the column try again. This continues, each time the rope being swung a little faster until all are eliminated. The last player forced out is the winner.

Running Target (12-30)

A wall eight or ten feet high is essential to the best playing of this game. Establish a line forty feet from the wall—this is the throwing line. Arrange the players in a line at one end of the wall.

Give the first player a soft ball (playground, basket, volley) and place him on the throwing line. At signal the first player in the line runs to the opposite end of the wall. The player with the ball throws it at the runner. If he hits the runner he scores one point; if he fails to hit the runner he scores nothing. In either case the ball is recovered by the thrower, the second player runs and standing at the throwing line he throws again. This continues until all have run across. The number of players hit by the ball represent his score. The thrower then takes position in the line, a new thrower is appointed and at signal he repeats the performance of the first thrower. This continues until all have acted as throwers. The player making the highest score wins.

Scouting (16-36)

Establish a playing area sixty feet by forty feet—the long lines are goal-lines, the short lines side-lines. Divide the group into two teams. Mark one team so both may be readily distinguished, and place them on opposite goal-lines. Give each player of both teams a bean bag. At signal the players of both teams run forward and attempt to cross the opposite goal-line, each carrying his own bag. The players of each team attempt to "kill" members of the opposing team by hitting them with their bean bag. Any player hit while holding his own bag is "killed" and eliminated from the game. Any player crossing the opponent's goal-line while holding his bag scores one point for his team. A player who throws his bag at another player, whether he hits him or not may run to his bag and kick it back over his own goal-line where he may pick it up and reenter the game. A player cannot be "killed" while kicking his bag. Neither can a player pick up his bag in the field of play. This continues until all have crossed or been eliminated. The team scoring the most points wins.

Sitting Circle Tag (15-30) (Girls)

Arrange all of the group but two in a circle twenty-five feet in diameter. Have the players in the circle sit on the floor, facing in. Of the two selected players appoint one "It" and the other runner, and place them on opposite sides of the circle. At signal "It" chases the runner, attempting to tag him. The runner moves about and suddenly, with feet spread, straddle-jumps over one of the sitting players, whereupon that player becomes the runner and rises and runs. The old runner takes the new runner's place in the circle. If "It" tags the runner the two immediately change offices. To get the most action out of this game it is a good idea to make the rule that a runner may take not over twenty-five steps before leaping over another player. Any runner taking more than this becomes "It." It should be explained though that a runner may leap over a player after taking only two, four, ten or twenty steps—any number under twenty-five. By limiting the number of steps in this way the game is made more lively.

Six Duds (20-40)

Arrange the group in a circle twenty-five feet in diameter. Have the players count off by twos; the "Ones" constitute one team, the "Twos" another. Mark one team so both are readily distinguished. Using two balls that differ from each other in size or color, give one to each team. At signal the teams pass the ball about among themselves; no player however is allowed to pass the ball to his team mate either on his immediate right or left. Likewise each player must pass the ball immediately after receiving it—there can be no stalling. Each time the ball touches the floor one "dud" is scored for that team. Any player touching the opponent's ball also scores a "dud" for his team. Six "duds" constitute a game. After each "dud" the ball is immediately recovered and put in play by the player who dropped it. This continues until one team has scored six "duds"; all of the team must pay a penalty—the other team administers it.

Smuggling the Booty (20-40)

A large playing area that provides hiding places is required for this game. Establish a circle ten feet in diameter in the center of the area—this is the goal. Divide the group into two teams of equal numbers. Mark one team so both are readily distinguished. Give team "B" some small object that can be carried in the pocket, such as a nut, top, block of wood, etc.—this is the "Booty." At signal a player on team "A" starts counting to a hundred; team "B" runs and hides. On the way to hiding, the "Booty" is secretly given to some player. On reaching a hundred, team "A" yells "Smugglers," and starts out to find team "B." Upon discovering a player team "A" chases and catches him. A player thrown to the ground is considered caught. Caught players are placed in the goal by the catcher. While team "A" is hunting for team "B" all of these players are scheming to elude them so the player with the "Booty" can get to the goal. The game continues until the player with the "Booty" is caught or gets to the goal. If the player with the "Booty" gets to the goal safely team "B" wins; if he is caught team "A" wins.

Snake and Bird (20-40) (Girls)

Establish a rectangle sixty feet long and forty feet wide—the two long sides are goal lines. Divide the group into two teams of equal numbers; place each along opposite goal lines. Appoint team "A" to act as "Snake" first; ask the players of this team to hold hands. At signal team "B" acting as "Birds," moves forward attempting to reach the opposite goal line. The "Snake" moves forward and keeping hands linked attempt to encircle as many of their opponents as possible. The "Birds" are not allowed to go under or over the hands of team "A," but may attempt to break through them. "Birds" running out of bounds or back over their starting line are considered caught. When the two ends of the "Snake" join, the game halts and the catch is counted. The two teams then reform in their original positions. Then with team "B" taking the part of the "Snake" and team "A" the part of "Birds," the game is started again. At the close team "B's" catch is counted. The team catching the most "Birds" wins.

Spot Duck on the Rock (15-30)

Have each player get a stone as large as the fist. Arrange all but one of the group in a circle fifty feet in diameter. Have each player mark his position, using a stone or chalk. Place a large flat stone in the center of the circle. Appoint the extra player "It" and have him place his stone on the flat rock in the center (this is the "duck") and take a position just outside of the circle. Starting at any point in the circle, each player in turn, attempts to dislodge the "duck." All throws should be made with an underhand swing. When the duck is dislodged all of the players who have thrown and "It" run for the stones attempting to get one and return to one of the positions in the circle. Each runner may pick up any stone and take any empty place in the circle. The player who is left without a place becomes "It." The new "It" places his "duck" on the rock and repairs to the outside of the circle. The player to the right of the last thrower starts the game again. This game may be played with bean bags also.

Spot Tag (12-25)

Scatter the players over the playing area. Appoint one player "It" and another player "Runner." At signal "It" chases the runner, attempting to tag him. All players excepting "It" and the runner must stand in their places. Any player touched by the runner becomes the runner immediately and "It" takes after him. The old runner takes the position of the player he touched. When "It" tags the runner the two immediately reverse offices and the chase continues. Players standing must not interfere with either "It" or the runner.

Standing Hand Balance (12-35)

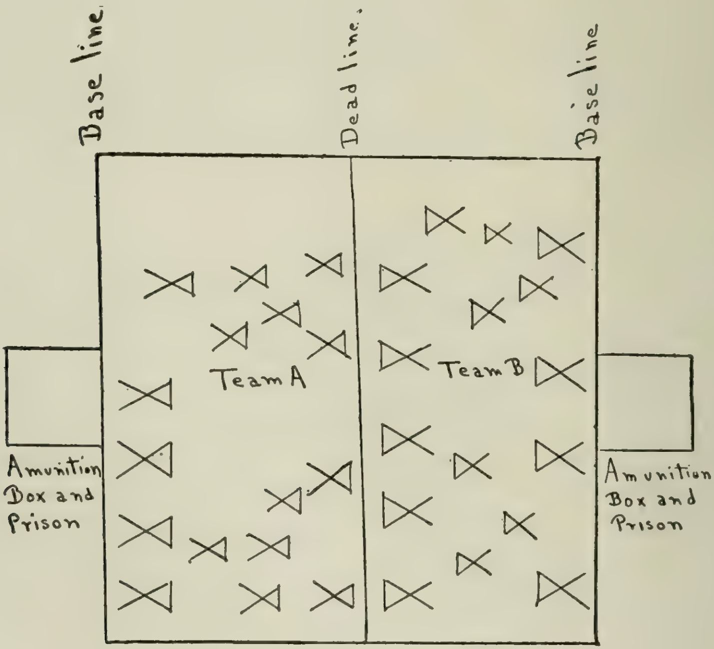
Arrange the players in a circle—players standing at four-foot intervals, feet together and facing in. Give each of the players a stick four feet long. All of the players should have sticks of the same size and weight. Have each player balance the stick in the palm of one hand, holding the same with the other. At signal all players release the steadying hand and balance the stick in the palm of the other. Any player (1) touching the stick with his other hand, (2) letting the stick fall or (3) moving either foot, is eliminated. Eliminated players stand at ease in their positions. Eliminations continue until all but one player is withdrawn, this player is the champion.

Steady Boy (10-30)

Establish a line forty feet long—this is the starting line. Place the group on the starting line. Appoint one player "It" and place him sixty feet in front of the starting line, standing erect with feet spread, facing away from the line. At signal the players on the line advance toward "It." When he wills he bends forward and looks backward between his legs. If he sees any player: (1) standing on both feet, (2) hop, (3) put the raised foot down, that player is called by name and must return to the starting line and begin again. Moving the arms, the free leg and the body are permissible. At will "It" stands erect again and likewise at will he looks between his legs. The game continues in this manner until some player tags "It" without being seen. This player is the champion.

Stealing Ammunition (16-24)

Establish a playing field sixty feet square; two opposite lines are base lines, the other two are side lines. Establish a line parallel to and halfway between the two base lines—this is the "dead line." Establish a five-foot square immediately behind the center of each base line. These are "ammunition boxes" (also prisons). Place six sticks in each "ammunition box." Divide the groups into two teams of equal numbers and place them in opposite halves of the field. At signal players on each team attempt to run to opponent's base line without being caught; any player successful in doing this may carry one stick back with him. Captured sticks are placed in the capturing player's ammunition box. Players with captured sticks may return without being caught. Players caught and held for five seconds on enemy territory become prisoners and are put in the prison. Whenever there are captives in prison, players successful in reaching the base line do not carry back sticks but release one of their team mates in prison: both are allowed to return to their half of the field without being captured. The team capturing all of its opponent's ammunition first wins. Or, if either team captures six prisoners, it wins.



Steer Round Up (15-40)

Scatter all but two of the players over the playing area—these are "Steers." Give the two extra players a piece of rope ten feet long—they are "Cowboys." At signal the "Cowboys," holding the rope waist high, chase the other players, attempting to ensnare, corner, or force two of them out of bounds at the same time. To ensnare (completely encircle), corner, or force out of bounds one "Steer" or three or more is null and the game continues. "Steers" are not allowed to run under the rope or lay hands on it, but may attempt to buck it, thereby tearing it out of the hands of the "Cowboys." When two are caught at once they exchange places with the "Cowboys" and the game continues.

Stunt Elimination (15-35) (Girls)

Arrange the players in a single column of files. The leading player does some stunt—vaults a fence, jumps a ditch, executes a forward roll, and so forth, anything he wants. The instructor should pass judgment as to the eligibility of the stunt set; only stunts which can be successfully executed by a large proportion of the players should be allowed. If the stunt is not satisfactory the one who set it must set another. If it is satisfactory the other players in the column in order of succession try it. Those who fail drop out of the column. One failure eliminates. After all have made the attempt the first man falls in at the foot of the column, the second man sets a stunt. All try this stunt; those who fail drop out as before. Any player setting a stunt and failing to execute the same drops out; the next player takes his place. This continues until all but one have been eliminated; this player is the champion.

Tail Tag (12-40)

Scatter the players over the playing area. Appoint one of the players "It." Give "It" a rope fifteen feet long, which he must hold by one end. At signal "It" chases the other players, attempting to tag one. The runners may interfere with "It's" maneuvering by stepping on or grabbing the end of the rope which trails about. Any player tagged by "It" while "It" holds the rope becomes "It"; he recovers the rope which the old "It" has dropped and, holding it by one end, takes up the duties of this office immediately.

Target Pitch (10-24) (Girls)

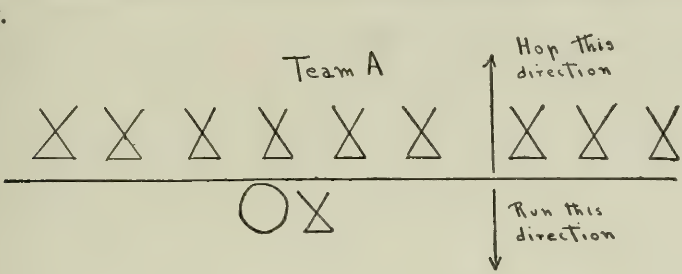
Establish two stakes, or marks, or small objects sixty feet apart. Have each player get a stone as big as the fist, round or flat as they choose, or give each a small block of wood or a stick or have each remove one shoe. Have each player mark his object with his initials —using chalk, ink, or pencil. Place all of the players in line behind one stake. Number the players consecutively. At signal the first player throws his object at the other stake, the second player follows, then the third, etc. All throws must be made underhand. When all have thrown, the player having the object nearest the stake scores one point. All pick up their objects, arrange themselves in line behind the stake and at signal, starting with number two, all throw in turn back at the first stake. Number one throws last. This continues until all have thrown first. The player having the highest score is the winner.

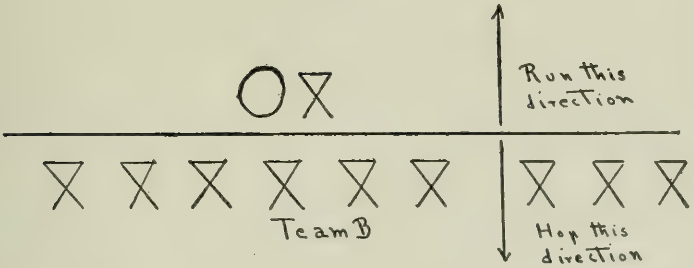
Throw the Stick (15-30)

A playing field that provides hiding places is necessary for this game. Establish a tree or a post in the center of the playing area as goal. Assemble the group about the goal. Appoint one player "It"; give one of the other players a stick, two feet long. At signal the player with the stick throws it as far as he can. The players run and hide, while "It" recovers the stick and leans it against the goal. "It" then goes hunting for the hiders. When "It" sees a player he calls, "One, two, three, for—" and runs to touch the goal. If "It" touches the stick first, the player called becomes prisoner. If the player gets the stick first, he throws it away and runs and hides again. "It" must recover the stick before he can hunt for the players again. A player may attempt to sneak to the goal and throw the stick away, calling as he throws it, "One, two, three for It." "It" continues the hunt until all of the players are caught.

Toss and Carry (16-36)

Establish two lines twenty feet apart—these are the base lines. Establish a circle two feet in diameter directly in front of the center of each base line. Divide the group into two teams of equal numbers and place them along opposite base lines, facing in. Appoint the first player of each team thrower and place him at the circle in front of his line. Give the thrower of team "A" an object (stone, disc of wood, bean bag, ball). At signal he attempts to toss the object so it comes to rest in the opposing team's circle. If he fails the thrower of team "B" recovers it and attempts to toss it in team "A's" circle. In this manner (each thrower tossing from his own circle at the opponents), the exchange continues until one succeeds. Immediately upon this happening the successful thrower and his team turn about and hop on one foot away from their base line. At the same moment the opposing team runs forward to catch them. At the point where caught, the players who are hopping, mount the hips of their opponents and get a free ride to their own base. Any player running instead of hopping is eliminated. When all have been carried back to the base both teams take their original positions. Two new throwers are appointed and at signal the game recommences. The thrower of the team previously unsuccessful starts the tossing.





Team Guess Ball (16-36) (Girls)

Establish two lines forty feet apart. Divide the group into two teams of equal numbers and place them on opposite base lines, team "A" facing out, team "B" facing in, players standing at normal intervals. Give team "B" a soft ball (playground, tennis, basket, volley). At signal some player on team "B" throws the ball at the players on team "A." If a player is hit he is given one guess as to who threw the ball. If no one is hit, the player nearest to whom it passed is given three guesses. The Instructor decides who is to do the guessing. If a correct guess is made the thrower becomes a prisoner of team "A," and falls in behind this team's base line. If the thrower is not guessed no change takes place. In either case team "A" recovers the ball, the two teams face about and some player of team "A" throws the ball. Team "B" now guesses under the conditions previously outlined. In this manner the ball is thrown back and forth until one team is completely eliminated. The team eliminating the other first wins.

Team Statue (16-30)

Establish a line forty feet long—this is the starting line. Send one player from the room. Divide the group into two teams of equal numbers and place them indiscriminately mixed on the starting line. Call back the player sent out of the room and place him sixty feet in front of the starting line. At signal the players on the starting line advance toward "It." When he chooses, "It" bends forward and looks back between his legs. As soon as "It" bends forward, all of the players become as statues. Any player he sees, moving any part of the body, is called by name and must return to the starting line and start again. At will "It" stands erect, and at will he looks between his legs. Care should be taken that "It" does not learn the team affiliation of the players. Players arriving and tagging "It" score one point for their team. Ten points constitute a game. The team scoring this number of points first wins.

Turtle Tag (12-40)

This game is played as ordinary tag, except that a player is safe from tagging if he is lying on his back with both arms and legs lifted off of the floor. "It" is not allowed to force arms or legs of players lying in this position to the floor in order to tag them.

Variety Pass and Catch Elimination (12-30)

Divide the group in two sections of equal numbers. Place the two sections in lines facing each other at a distance of thirty feet—players in each line eight feet apart. Appoint the players opposite each other (one in each line) partners. Give each player in line "A" a ball (baseball, tennis, or playground). Designate how the ball is to be thrown and how it is to be caught.

At signal each player in line "A" throws his ball in the prescribed manner to his partner, who catches it in the prescribed manner. Any player who fails to throw it correctly or catch it correctly eliminates his team. At signal, those who are successful throw the ball back to the section "A." Unsuccessful passes eliminate as before. The Instructor then designates a new method of throwing and catching. In this manner the game continues—(each time section "A" has the ball a new method of throwing and catching is established). At the beginning simple methods should be used and as the game progresses more difficult methods should be used. Passes may be made with either hand, one or two bounces may be used, the ball may be thrown backward over the head or through the legs, under one leg and so on. The ball may be caught with one or both hands, with the hand under one leg and so on. The team eliminated last wins.

Volley Quoits (12-24) (Girls)

Establish a playing field thirty feet by sixty feet. Place a rope or a net eight feet high so that it intersects the playing field, making two courts thirty feet square. Divide the group into two teams of equal numbers and place each scattered on opposite sides of the rope. Give each player of both teams a stick three feet long. Give team "A" a rope quoit. At signal the player with the quoit tosses it so it spins in a horizontal plane over the rope. Any player of team "B" catches it on his stick, removes it, and tosses it back. In this manner the quoit is tossed back and forth across the rope. The player who catches the quoit tosses it back, tossing it immediately. If either team (1) fails to catch the quoit on a stick, (2) throws it so it wabbles or turns end over end, or (3) throws it out of bounds, one point is scored for the opposite team. After each score the quoit is put in play by the team responsible for it. Fifteen points constitute a game. The team securing this number first wins.

Wall Ball (12-30)

Place the entire group in scattered positions facing a wall twenty or thirty feet high. Give one of the players a ball, (playground, hand, tennis). At signal the player with the ball throws it high against the wall so it will bounce back into the group. Each player attempts to catch it before it strikes the ground—each one plays for himself against everybody else. The player who catches the ball before it strikes the ground scores one point. If the ball strikes the ground no point is scored. The player who catches it or recovers it throws it against the wall again. This continues until one player has scored three points; this player is declared champion.

Weather Cock (15-40) (Girls)

Arrange the group in open formation. Stand in front of the group and call the various points of the compass—North, West, South, East, North-west, etc. After each command the players quickly face in the direction ordered. Any player who halts, facing in the wrong direction, is eliminated and sits down in his place. The elimination continues until all but one have been forced to sit down—this player is the winner. After the players have become a little skilled at this it is a good idea to require them to face the opposite direction from that which is called.

Weighing Machine (12-25)

Appoint one player "Scales." Place him in the center of the playing area. Blind him and have him lean forward. "Scales" may be blinded by some other player holding his hands over his eyes. Assemble the other players in back of "Scales." At signal, some player leaps onto the back of "Scales." "Scales" has one guess as to who is aboard. If his guess is a failure the player aboard dismounts and another player jumps aboard. This continues until "Scales" guesses correctly. Upon a correct guess "Scales" is released from his office, the player who was guessed correctly becomes "Scales" and the game continues.

Wolf and Sheep (15-40)

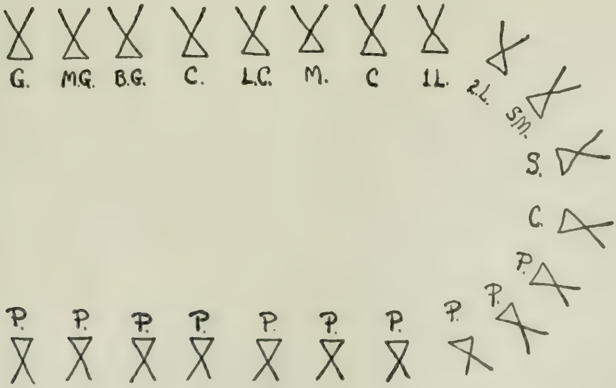
Establish a rectangular field fifty feet square. Arrange all but two of the players behind one of the side lines. Of the two selected players, appoint one "Wolf" and the other "Shepherd" and place both in the center of the field. At signal the players behind the line (the "Sheep") run for the opposite line. The "Wolf" attempts to tag one of the "Sheep" before they reach the opposite line. The "Shepherd" attempts to prevent the "Wolf" from tagging them by getting in his way as much as possible; he is not allowed to hold the "Wolf" but he may interfere with him in any other way he may devise. Any "Sheep" tagged by the "Wolf" becomes the "Shepherd." The "Shepherd" becomes the "Wolf" and the first "Wolf" joins the "Sheep." The "Sheep" reform at the line they have just run to. At signal they attempt to recross the field and the new "Wolf" and "Shepherd" carry out their functions as previously outlined. The game continues in this manner.

CHAPTER VII

GAMES FOR THE SENIOR HIGH SCHOOL

Army Ball (15-30)

Arrange all but one of the group in a large U—players four feet apart and facing in. Have each player mark his position. Starting at the right end of the U name the players General, Major General, Brigadier General, Colonel, and so on down through the military rank to Sergeant and Corporal—the balance of the players are Privates. Have the players initial their ranks on the floor. Give one of the players a ball (medicine, basket, soccer). At signal the players pass the ball about. Any player responsible for the ball striking the floor must recover it. As soon as the ball touches the floor the other players scatter. When the player who dropped the ball recovers it he attempts to hit one of the flying players. The U then reforms and the player who dropped the ball, as well as any player hit by him, fall in at the left of the U—the other players move to the right to take the positions vacated. To score a fair hit the ball must touch a player on the fly—once it has hit the floor it is dead. At signal the ball is put in play again and the game continues. The object of the game obviously is to secure and hold the highest rank possible.



Artillery Battle (18-40)

Establish a playing field fifty feet square with a "dead line" across the center of the field. Divide the group into two teams of equal strength and place each scattered in opposite halves of the field. Give the captain of each team a soft ball (playground, basket, volley). At signal each captain throws the ball at the players of the opposite team. Any player hit by a ball on the fly is eliminated. Any player may catch the ball on the fly and not be eliminated; if he fails in his effort, however, he is eliminated, and the ball becomes dead. Any ball caught on the fly eliminates the thrower. Dead balls are thereafter recovered by any one and thrown at the players of the opposite team. In recovering or throwing a ball, players cannot cross the dead line. A ball out of bounds may be recovered by any one, but must be thrown only from within bounds. Players hit or failing in an attempt to catch a ball withdraw from the field. This continues until one team has been completely eliminated; the other team is the winner.

Ball Passing (12-30)

Establish a playing field ninety feet long by fifty feet wide. Divide the group into two teams of equal numbers. Mark one team so both are readily distinguished and scatter both over the playing area. At signal toss the ball up in the center of the field between two players (one from each team). Either team securing the ball passes it about attempting to make as many successive passes as possible—each pass scores one point. The score that counts, however, is not the total of passes made during the playing time but the score made during each separate instance that a team is in possession of the ball. If an opponent touches the ball it is considered lost. The team having the largest score of consecutive successful passes wins. A pass may be handed, bounced, rolled or thrown in the air—to count, the ball has merely to pass from a player to his team mate. Any violation of the regular Basket Ball rules eliminates the violator from the game and the opposite team is given the ball. If a foul is committed against a team while it is in possession of the ball it continues to count from the score it had when the foul was made. Either team forcing the ball out of bounds loses the ball as in Basket Ball.

Basket Team Ball (12-30) (Girls)

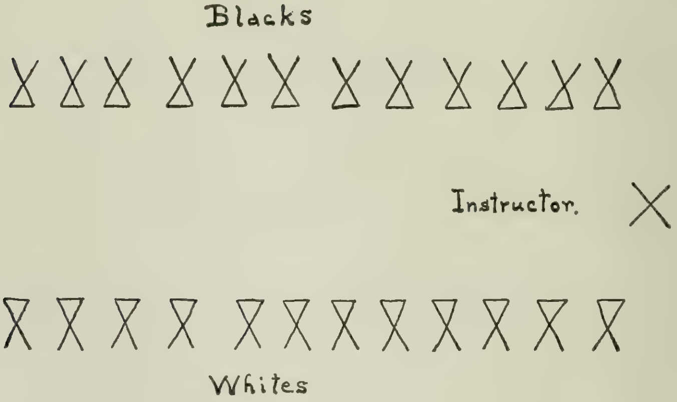
Two Basket Ball Baskets are necessary for this game. Divide the group into two teams of equal numbers and place each in column in back of the foul line which lies before each basket. Give the first player of each team a ball (basket, volley, soccer). Forty baskets constitute a game. Appoint a scorer for each team and place each a little distance from the basket. At signal, the first player of each team throws the ball at the basket. The second player recovers it and throws it. The other players follow in turn. Each player must get the ball without aid from his team mates and after shooting, whether scoring or failing, falls in at the end of his column. The Scorer for each team, counting out loud, counts the baskets as they are made. When the last player of a team has made his trial the first player immediately follows. The game continues until one team has shot forty baskets—this team is declared the winner.

Bear in the Pit (15-30)

Arrange all but one of the group in a circle—players facing in and holding hands. Appoint the extra player "Bear" and place him in the center of the circle. At signal the "Bear" attempts to break out of the circle, using all of the tactics that he can devise—crawling under, climbing over, or breaking through. Upon his getting out of the circle the players release hands and chase him, attempting to catch and hold him for three seconds. The player who succeeds in catching the "Bear" gets a free ride on the "Bear's" back to the position of the circle. All of the other players must gallop back on their hands and feet—bear gallop. On reaching the starting position, the circle is reformed, the player who rode back free becomes "Bear" and at signal the game continues.

Black and White (16-40) (Girls)

Establish two parallel lines thirty feet long, sixty feet apart. Divide the group into teams and arrange them facing each other, in lines midway between the established lines, parallel to the same and four feet apart. The permanent line behind each team is its safety line. Name one team "Blacks" and the other team "Whites." Procure an object, black on one side and white on the other. At signal throw the object between the teams, where all can see it when it lands. If, on landing, the white side shows up, the "Whites" turn and run to the safety line. The "Blacks" attempt to catch them and throw them to the ground before they reach safe territory. If the black side shows up the tables are reversed. Players thrown to the ground drop out of the game. After one chase has been concluded the players reform and the object is thrown up again. As the two colors make their appearances the two teams seek safety or attempt to catch the other team. The team eliminating the other wins.



Body Guard Tag (15-40)

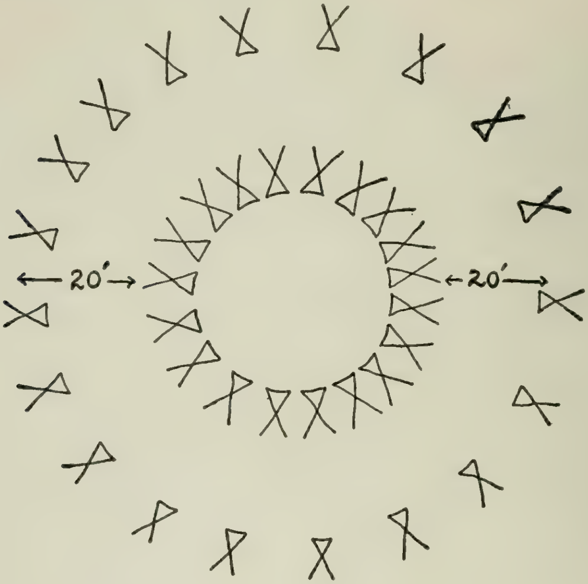
Scatter the players over the playing area. Select three players, appoint one Chief and the other two Guards. Have the two Guards stand in front of the Chief and join inside hands. At signal, the runners attempt to tag the Chief without being tagged themselves by the Guards, it being the duty of the Guards to attempt to tag the runners. Any runner tagged by either Guard exchanges places with the Guard. Any player tgaging the Chief becomes Chief, which is the post of honor. The Chief may move about the field as he wishes, the Guards simply act as his vassals and protect him. The members of the Guard must retain their hand grasp and can only tag with their free hand. After each tag the game is halted until the players involved exchange places. When this exchange is completed the game is started again.

Boot the Pin (20-40) (Girls)

Divide the group into two teams of equal numbers. Arrange the two teams in separate circles fifty feet in diameter. Place an Indian Club in the center of each circle. Give one player in each circle a ball (medicine, basket, soccer). Give both teams the same kind of a ball. At signal the players of each circle kick the ball, attempting to knock over the pin in the center, each hurrying to knock its own down first. The ball may be recovered from anywhere, but must be kicked at the club only from the player's position in the circle. Players are not allowed to use the hands at any time. The team which knocks the pin down first scores one point. After a point is scored both teams halt; the club is set up and at signal the game is started again. Ten points constitute a game. The team scoring this number first wins.

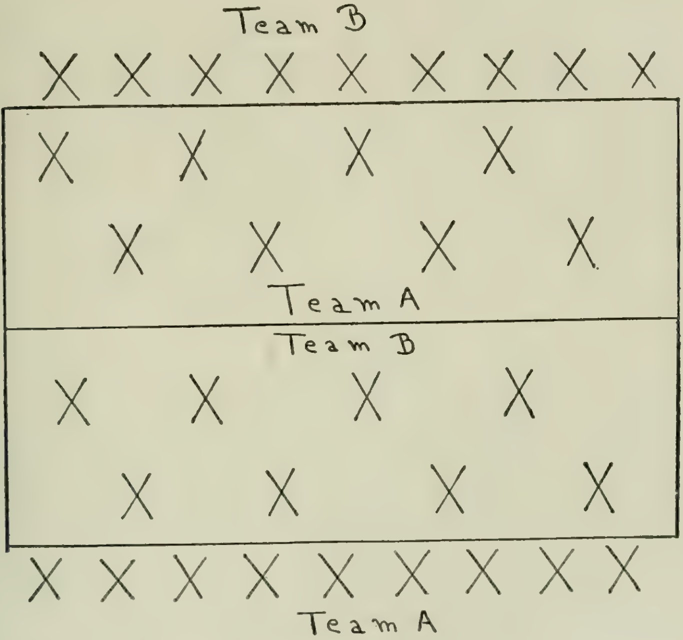
Booting the Circle (24-50) (Girls)

Divide the group into two teams of equal numbers. Arrange one group in a circle facing out—players standing three feet apart. Place the other group in a large circle surrounding the first group twenty feet distant from the same. Give the second group a ball (soccer, basket, indoor soccer). At signal the players of the outside group attempt to kick the ball inside of the circle either by rolling it between the legs or volleying it between the players. The ball must go below the shoulders to score. The members of the outside group may approach the small group to recover the ball but must kick it from a distance of not less than twenty feet from the circle. The players forming the smaller circle may use their hands in defense. When the ball enters the small circle the two groups change positions and the game continues.



Bounce Ball (24-50) (Girls)

Establish a well-defined playing field fifty feet long by forty feet wide. Divide the field into two courts twenty feet by fifty feet. Divide the group into two teams of equal numbers. Divide each team in halves and place one of each in the two opposite courts. Place the other half of each team in back of their opponent's base line. In their proper positions the teams will stand as follows, "A" base line group. "B" center group. "A" center group, "B" base line group. Give one of the players on team "A" a ball that will bounce (basket, volley, playground). At signal the player with ball throws it so it will bounce and hit one of the center group of players of team "B." Any player of the center group hit in this manner is eliminated and should withdraw from the field of play at once. If the ball fails to hit a player of team "B" and goes through to the "A" base line, any one of that group may recover it and attempt again to eliminate members of team "B" center group. If the ball fails to hit a player and is also not caught by a member of the "A" center group but goes through to the "B" base line group then this group may recover it and try to eliminate the "A" center group. Only the base line players can recover the ball out of bounds, but they must throw only from the base line. When the ball goes out of bounds it belongs to the side which recovers it. A ball hitting a center player on the fly or after the first bounce does not eliminate —fair hits are made after one bounce only. The elimination continues until all of one center group is eliminated. The other team wins.



Bounce Tag Ball (15-40) (Girls)

Establish a playing area fifty feet square. Scatter the players over the playing area. Appoint two players "It" and give each a baton. Give the other players a ball (basket, volley, playground). At signal the two "Its," working independently, run for the ball, attempting to tag it. The tag should be made with the baton. The other players pass the ball about as they please but each player upon receiving it must bounce it at once in place before throwing it. The players are not allowed to run with the ball. Any player catching the ball while running must halt immediately. Any player responsible for either "It" touching the ball becomes "It"; the "It" who touches the ball gives his baton to the new "It," joins the runners and the game continues.

Bound Net Ball (16-36) (Girls)

Establish a rectangular field thirty feet by sixty feet. Place a rope or a net five feet high so it intersects the playing area, dividing it into two courts thirty feet square. Divide the group into two teams of equal numbers and place them scattered on opposite sides of the net. Give team "A" a volley ball. At signal team "A" bounces the ball on the floor (on its own side of the net) so it flies across the net. Team "B" receives the ball, bounces it on the floor as they wish among themselves and then bounces it hard so that it returns it across the net. Team "A" receives it and bouncing it in the same manner returns it again, etc. The ball is passed back and forth across the net until one team commits a foul. A team may return the ball across the net any time it wishes to. No player is allowed to bounce the ball more than once from the time it is received by his team until the time it is returned to the opponents. The ball is never volleyed as in Volley Ball, but always bounced on the floor. If either team fails to return the ball fairly, (commits a foul), i.e. (1) catches the ball, (2) knocks it out of bounds, (3) touches the net, (4) has the player hit it more than once on a service, (5) or volleys the ball at any time instead of bouncing it, one point is scored for the opposing team. The ball is put in play after every score by the team making the point. Fifteen points constitute a game. The team scoring this number first wins.

Bound Volley Ball (16-36) (Girls)

Establish a rectangular field approximately thirty by sixty feet. Place a rope or net eight feet high so it intersects the court, making two sections thirty feet square. Divide the group into two teams of equal numbers and place each scattered on opposite sides of the net. Give team "A" a ball (volley, basket, soccer or cage). At signal team "A" serves the ball across the net. Team "B" must let the ball strike the ground once and then knock it back across the net. Team "A" lets the ball strike the ground once and knocks it back, etc. Either team may hit the ball as much as it wishes before letting it bounce but must hit it across the net immediately after doing so with no further bouncing or hitting. If either team fails to return the ball fairly; (1) allows it to hit the floor more than once, (2) hits it more than once after it strikes the floor, (3) knocks it out of bounds, (4) catches it, (5) touches the net, (6) fails to let the ball hit the floor, one point is scored for the opposing team. The ball is put in play after every score, by the team making the point. Fifteen points constitute a game. The team scoring this number first wins.

Break the Fence (15-30) (Girls)

Place the group in a single circle, facing in, players holding hands. Appoint two players "Bulls" and place them in the center of the circle. At signal the "Bulls" attempt to break out of the circle by charging the hands of the players. Instruct the "Bulls" that it is unlawful for both to charge the same point at the same time. When either Bull breaks out the two players responsible each score a "dud" and become "Bulls" in place of the two previously appointed; the first "Bulls" take positions in the circle. The new "Bulls" attempt to break out. In this way the game continues until a player has three "duds" this player must pay a penalty.

Bull in the Ring (15-30)

Arrange the group in a circle, facing in and holding hands. Ap. point one player "Bull" and place him in the center of the ring. At

signal the "Bull" tries to break out of the ring by charging the players' arms so their clasped hands are forced apart. When the "Bull" is successful in getting out, the two players responsible for the "Bull" getting out chase him, attempting to catch him. The player catching and holding the "Bull" for five seconds becomes "Bull" in the succeeding ring. As soon as the "Bull" is caught, the ring reforms, the "Bull" takes his place, and the game continues.

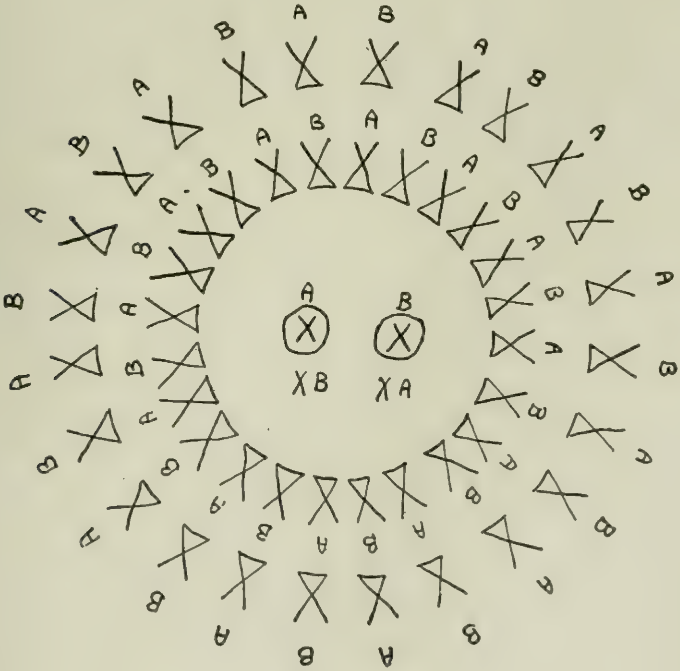
Bull Pen (15-30)

Arrange all but two of the group in a circle, holding hands. Establish an object, spot or a line sixty feet from the circle—this is the goal. Appoint the extra players "Bulls" and place them in the center of the circles. At signal the two "Bulls," working independently, attempt to break out of the circle by forcing a pair of grasped hands apart. The "Bull" who breaks out first runs to the goal chased by the other "Bull." As soon as one "Bull" is out the players release their hands to let the other "Bull" through. If the "Bull" who breaks out reaches the goal without being tagged he carries the other "Bull" on his hips back to his position in the circle. If he is tagged by the other "Bull" before arriving there, the situation is reversed. In either case the other players are allowed to beat the "Rider" on the buttocks with the flat hand until the circle is reached. If the "Horse" does not run fast enough to suit the "Rider," the "Rider" may spur him (pinch him). On arriving at the position of the circle the two players are freed from further punishment. The circle is reformed. The two players whose grasp was broken by the preceding "Bull" now become "Bulls" and at signal the game recommences.

Captain Center Ball (20-50) (Girls)

Divide the group into two teams of equal numbers. Select two players from each team and have the balance of one team form a circle forty feet in diameter. Place the members of the other team in a circle around the first team, each player covering off a player of the inside circle. Have the players making up each alternate pair exchange places—this makes an arrangement where the players of each team alternate in both the front and rear ranks. Have each of the players of the inside circle make a circle three feet in diameter about the point he is standing. Establish two spots three feet in diameter and six feet apart in the center of the circle. Appoint one of the selected players of each team Captain and place each on one of these spots. Appoint the other selected players guards and place each beside the opposing Captain. Give one of the players in the circle a ball (basket, soccer).

At signal the game starts. The players in the circle on team "A" try to pass the ball to their Captain—the players of team "B" try to pass to their Captain. The guards try to prevent the opposing Captains from getting the ball. They may move anywhere they choose. On securing the ball they may not pass it to their own team Captains, but pass it to their team mates in the circle. The Captains must keep one foot on their respective spots; each attempts to get the ball as it is passed to them. If the ball goes outside of the circle the players in the rear rank recover it—it belongs to the player who gets it first. This player may try to toss it to his Captain. The players of the front rank in the circle must retain their positions at all times. The players in the outside circle must not interfere with the players of the inside circle. Each time a Captain gets the ball one point is scored for his team. After each point the players of the inside circle and outside circle change positions. Ten points constitute a game—the team making these first wins.



Carry to Base (16-40)

Establish a playing area twenty feet by forty feet. The lines on the long side are the base lines; the lines on the short sides are the end lines. Divide the group into two teams of equal numbers; mark one team well so both teams are easily distinguished. Place the teams directly in front of opposite base lines, facing each other. At signal each team rushes forward and attempts to pull, drag or carry opponents back across their base line. A player is not allowed to take refuge behind his own base lines or step over the end lines; any player doing either of these things commits a foul and is expelled from the game. Players pulled completely over their opponents' base lines are required to stay behind that line. Any tactics which are not abusive are permissible. Any number may combine to attack a lone opponent. The team which completely eliminates its opponents wins.

Cat Tail (21-41)

Arrange the group in a single line—players standing at normal intervals. Locate the center player in the line—this player is the pivot—the group on one side of the pivot represents one team—the group on the other side another team. Have one team face about. Then have all of the players of both teams join hands, inside players of both teams linking hands with the pivot man. At signal both teams, retaining their hand-grasps, run forward in a circle about the pivot. The race continues until the outside player of one team reaches and tags the outside player of the other team—the team succeeding in doing this wins. If either team breaks, victory is forfeited to the opposing team.

Catch and Throw (15-40)

Establish a rectangular field sixty feet square. Arrange the players behind one of the end lines. Appoint one player "It," and place him in the center of the field. At signal the players behind the line run for the opposite line. "It" attempts to prevent their reaching the line by catching and throwing them to the floor. Any player forced in any way to touch the floor with any part of his body other than his feet is eliminated and becomes an "It," joining the old "It" in the center of the field. After the players have all reached the opposite line or have joined "It," the signal is given again and the players attempt to recross. The "Its," both the new and the old, as before, catch and throw all of the runners they can. Those thrown to the floor join "It," those who get through form on the line. The players run back and forth in this manner until all are caught. The last player caught is the champion.

Catch the Cane (12-30)

Arrange the group in a circle fifteen feet in diameter. Number the players off consecutively. Call number one to the center of the circle. Give him a stick three or four feet long and instruct him to hold it upright on the floor in the center of the circle. When this is done he calls a number (any number not greater than the number playing), releases the stick and runs for his position in the circle. The player bearing the number called runs for the stick, attempting to catch it before it strikes the floor. If he fails he scores one "dud." Succeeding or failing he holds it upright as number one did and calls another number. The player bearing this number repeats the effort of his predecessor. In this manner the game continues until some one has three "duds." This player must pay a penalty.

Catch or Suffer (15-30)

Establish a rectangular playing area fifty feet square. Arrange the groups in a circle in the center of the playing area, players facing in and standing at three-foot intervals. Give one of the players a ball (medicine, basket, volley, playground). At signal the player with the ball passes it to another player (any one in the circle) who passes it to another, etc. Any player dropping the ball becomes the "Goat" and immediately runs on his hands and feet to one of the corners (any one) of the playing area. While he is running in this manner the other players may beat him on the buttocks with their open hands. Any player interfering with the "Goat's" progress takes the position of the "Goat" at the point of interference. Each player is allowed to hit the "Goat" only once. Upon crossing the corner the runner becomes safe and the chasers cease beating him. The circle reforms again; at signal the ball is passed and the game continues.

Center Club Bowl (16-30)

Arrange the group in a circle forty feet in diameter. Have the group count off; the odds constitute one team, the evens constitute another. Place an Indian Club standing in the center of the circle. Give one of the players a ball (medicine, basket, playground). At signal the player with the ball, standing in his position, bowls it at the Indian Club, attempting to knock it over. Each player in turn continuing from the bowlers right then makes one attempt. After each throw the ball is recovered by any one and given to the next bowler. Each player who knocks over the club scores one point for his team. The club is set up each time it is knocked over. The team scoring the greatest number of points wins.

Center Base (15-30) (Girls)

Arrange all but one player in a circle—players standing four feet apart and facing in. Establish a base one foot in diameter in the center of the circle. Appoint the extra player "It" and place him on the base. Give "It" a ball (medicine, basket, volley). At signal "It" picks up the ball, tosses it to some player and runs outside of the circle. The player who receives the ball runs and places it on the base and then chases "It" attempting to tag him before he ("It") can touch the ball. If "It" tags the ball without being tagged himself, the chaser becomes "It." If the chaser tags "It" before he touches the ball "It" retains his office. Whoever becomes "It" takes position at the base, the other player returns to the circle and at signal the game continues.

Chain Hop Elimination (12-30)

Arrange the group in a single column at normal intervals. Have each player raise his right foot backward, grasp the raised foot of the player in front of him with his right hand and place his left hand on the same player's shoulder. At signal all hop forward on the left foot, continuing forward until a gap has been created. The player losing his grip on the player in front is eliminated and withdraws to one side. The players in the column release their grasps, face about and assume the starting position and on signal move forward in the opposite direction until another gap appears. The player responsible withdraws; the column reunites and advances again. This continues until but two players remain in the column—they are both recognized as the winners. The players should face about after each elimination.

Circle Boot Ball (15-30)

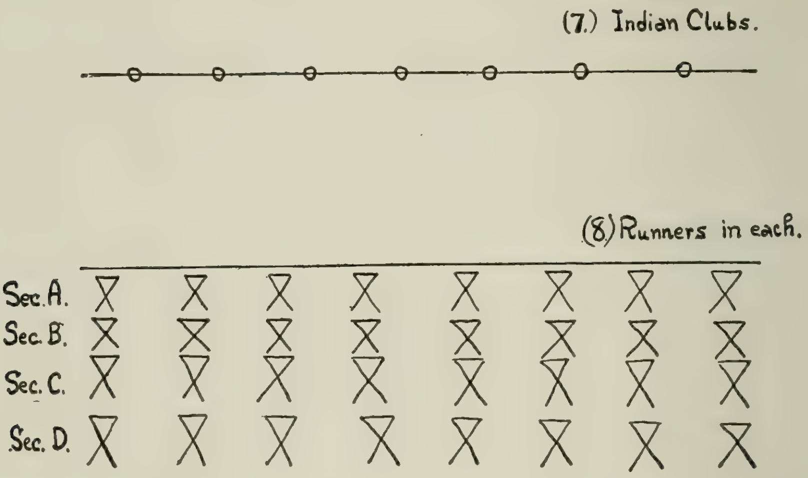
Arrange all but one of the group in a circle, facing in—players holding hands and standing two feet apart. Appoint the extra player "It" and place him in the center of the circle. Give "It" a ball (medicine, indoor soccer). At signal "It" attempts to kick the ball through the circle. The ball must either pass through the legs or between the members (not higher than the shoulders) forming the circle to constitute a fair out. The players forming the circle may use their joined arms and their legs to prevent the ball going out. If the ball goes over the heads of the circle it is recovered, brought to the center and play started again. When the ball penetrates the circle the player responsible becomes "It." The old and new "It" exchange places and the game continues.

Circle Race (12-40)

Establish a circular track 60 yards in circumference. Distribute the players about the track equal distance apart. At signal each player runs forward with the object of catching up with and tagging the runners in front, and incidentally, to avoid being so caught and tagged himself. Runners tagged drop out of the race; the tagger in each case continues forward to eliminate other runners. The race continues until all but one player has been eliminated; this runner is the winner.

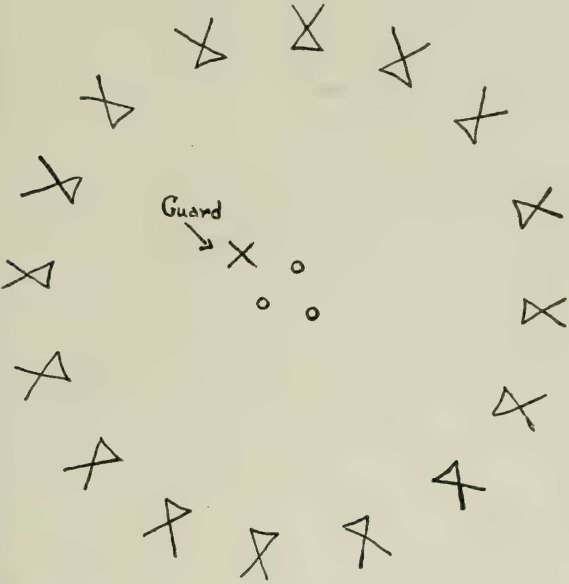
Club Chase (16-60) (Girls)

Establish two lines thirty feet long thirty feet apart. Divide the group into sections of about eight players each and place each section in line behind one of the base lines. Place seven Indian clubs in a row about four feet apart on the opposite line. At signal the first section runs for the clubs, each player trying to get a club. As there is one club less than the number of runners, one player fails to get a club, this player is eliminated. The clubs are set back in place and the next section runs. This continues until each section has run. All but the losers then return to their original positions—there are now seven in each section. One club is removed and the sections run as before, the losers being eliminated. The continues until there is but one left in each section. The section winners are then assembled at the starting line in one group, clubs are set on the opposite line (one less than the number of runners) and the elimination continues until but one player is left—this player is the winner.



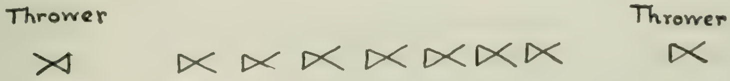
Club Guard (15-30) (Girls)

Arrange all but one of the players in a circle thirty-five feet in diameter, facing in. Stand three Indian Clubs three feet apart so they form a triangle in the center of the circle. Appoint the extra player "guard" and place him in the center of the circle. Give the players in the circle a ball (soccer, light medicine, basket). At signal the player having the ball kicks it toward the clubs, attempting to knock one of them over. After the game has started players must only use their feet. Players may recover the ball, both outside and inside of the circle, but can only kick it at the clubs from their respective positions in the circle. Any player causing a club to fall over, either by knocking it over directly with a fairly kicked ball, or causing the guard to knock it over, becomes guard. The old guard takes position in the circle, the new guard sets up the club and the game continues.



Column Ball (15-30) (Girls)

Establish a line sixty feet long. Arrange all but two of the group in a single column of files at six-inch distances, standing on the line. Of the extra players place one thirty feet in front of the column and another thirty feet behind. Give the player in front of the column a ball (playground, tennis). At signal he throws the ball at the players in the column, attempting to hit one. If he fails the player at the rear of the column recovers it. The players in the column face about and the player with the ball, standing at his position, throws it as did the first thrower. The players on the line must keep both feet on the line until the ball is thrown, then they may jump and twist and sidestep as they need to evade the ball. Any player hit by the ball either on the bounce, roll or fly, exchanges positions with the thrower and the game continues.



Crows and Cranes (20-50) (Girls)

Assemble the group in open formation. Appoint half of the group "Crows" and the other half "Cranes" so that the individuals of each group stand alternately, both laterally and longitudinally. On signal the Instructor gives some calisthenics command such as "hands sideward," "squat," "sit," "jump forward," "touch toes," "feet apart," and so on and then says "Crows" or "Cranes." The group called executes the command; the other group remains still. Any member of the group called who fails to execute the command at once and any member of the group not called who executes or starts to execute the command is eliminated and must sit on the floor with his hands crossed in front of his knees. The game is made more effective if in calling the group the "r" is rolled, for example "Cr-r-r-r-rows" or "Cr-r-r-ranes. The Instructor should take care to conceal which team he is going to call and should also attempt as near as he can to call each team an equal number of times. The game continues until half of one team is eliminated; the other team wins.

Distance Vault Elimination (15-35)

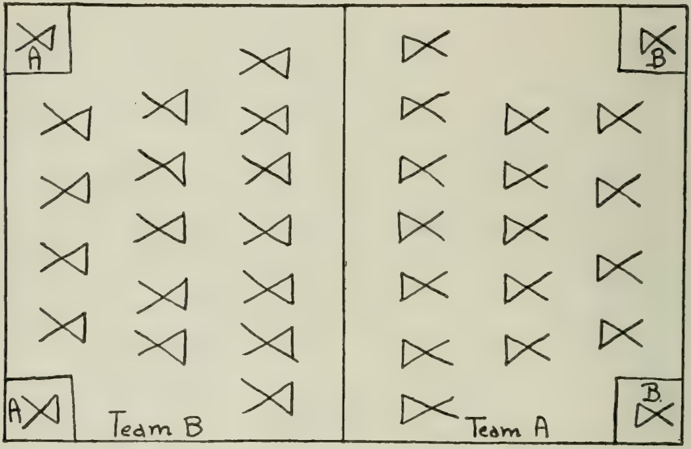
Place a vaulting buck, or two players bowing their heads and bracing each other so they form a buck, in the center of far field. Establish a line two feet beyond the buck. Arrange the players in column twenty feet in front of the buck. At signal the column slowly moves forward, each player in turn straddle-vaulting the buck so he lands beyond the line. Those players who fail to clear the line are eliminated and withdraw to one side. Those who succeed fall in the rear of the column. When all have made the attempt the line is moved a little further away and those who remain in the column try the new distance under the previous conditions. The line is moved a little further away after each rotation of the players previously successful until all have been eliminated. Each player is allowed but one trial at each distance. The last player forced to withdraw is the champion.

Dodge Ball (16-40) (Girls)

Divide the group into two teams of equal numbers. Form team "A" in a circle thirty feet in diameter—players facing in. Scatter the players in team "B" inside the circle. Give team "A" a soft ball (soccer, playground, basket, medicine). At signal team "A" attempts to hit the players of team "B"; the players of team "B" avoid being hit—they may move about inside the circle as they please. The throwers may recover the ball inside of the circle, but may throw only from outside of the circle. Players hit by the ball are eliminated and withdraw from inside the circle. The elimination continues until all have withdrawn. Record the time it takes to force team "B" out. Then have the two teams exchange places and repeat as before. Record the time taken to eliminate team "A." The team eliminating its opponents in the shortest time wins.

Corner Ball (20-40) (Girls)

Establish a playing field forty feet by sixty feet. Establish a line dividing the field in half so as to make two courts thirty by forty. Establish four corner areas six feet square in the four corners of the playing field. Divide the group into two teams of equal numbers. Scatter team "A" in one half of the field and team "B" in the other half. Place two players of team "A," one in each of the back corners of team "B's" territory and, similarly, place two players of team "B" in the back corners of team "A's" territory. The teams are not allowed to cross the center line. The corner players are required to stay in their corner areas; and their opponents are not allowed to step into these areas. Any player stepping into the corner area scores a point for the opposing team. Start the game by tossing the ball up between two players in the center. Each team tries to pass the ball to its corner players. Every time a corner player secures (holds) the ball, one point is scored for his team. The game is continuous; after every score the corner player holding the ball must pass the same to the opposing team. Set a time limit of five minutes. The team having the most points at the end of the playing period wins.



Crocodile Chase (16-30)

Two pieces of rope each twenty-five feet long are necessary for this game. Divide the group into two teams of equal numbers. Place each group in column and give each one of the ropes which the players hold in the left hand. At signal the head of each column chases the tail of the other. The team whose head player succeeds in tagging the tail player of the opposing team first wins.

Dog and Cat (16-30) (Girls)

Arrange all but two of the group in a circle—players standing four feet apart and facing in. Appoint one of the selected players "Dog" and the other "Cat," and place them on opposite sides of the circle. At signal the "Dog" chases the "Cat." The "Cat" may run between any of the open gaps between the players, but as soon as he has, the gap becomes closed and he cannot thereafter run through closed gaps. To close a gap the two players standing adjacent to the gap through which the "Cat" has run grasp hands at shoulder height. The "Dog" on the other hand can only run through closed gaps—he must duck under the raised hands. The game continues until the "Cat" is caught. Two new players are then appointed "Dog" and "Cat," the old runners join the circle and at signal the game continues.

Dog in the Manger (12-40)

Establish a well-defined playing area twenty feet square. Place all of the players inside of the area. At signal each player attempts to force the other players out of the square. Each player plays against all of the others. Players may use any tactics they wish, excepting that unnecessary roughness such as striking, kicking, etc. are barred. Any player touching any part of the body outside of the square is eliminated and withdraws from the area at once. This continues until but one player remains. This player is the winner.

Double Circle Fill the Gap (20-40)

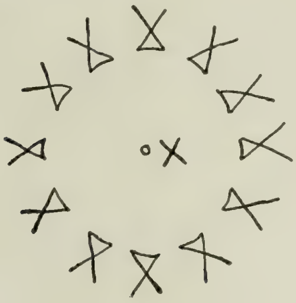
Arrange all but one of the group in a double circle, facing in—players of the inner circle standing four feet apart—players of the outer circle covering off the players of the inner circle at a distance of four feet. Appoint the extra player "It" and place him outside of the outer circle. At signal "It" runs about the outer circle and tags one of the players, and then, running in either direction, hurries about the outside circle. The player tagged by "It" immediately steps forward and touches the player in front of him and then both start running about the circle—the rear-rank player to the right, the front-rank player to the left, both going between the ranks of the two circles. On meeting at the opposite side of the circle they pass on the right. Runners arriving first at the gaps created by them, step into them. The runner left without a place becomes "It," takes position on the outside of the circle and continues as did his predecessor.

Double Tag (16-40) (Girls)

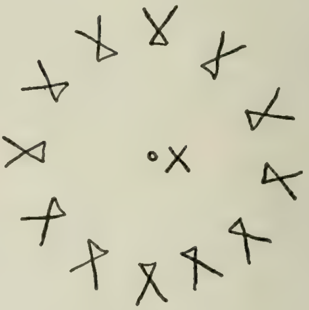
Establish a playing area forty feet square. Arrange the group in pairs and place all but one pair in scattered positions outside of the playing area. Appoint the two selected players "It," place them in the center of the playing area, and have them link elbows. At signal the other players enter the field and tantalize the "Its" who chase them and attempt to tag them. These players do not link elbows but run about independently. Any player tagged by either of the "Its" in the playing area is considered caught and must take up a position in the center of the field. A tag made while the "Its" are unlinked is considered as null. Any player leaving the playing area after the game has started is considered caught. The "Its" continue their chase until both players of a pair have been tagged. This pair then becomes "It"; the other players return to the outside of the playing area and at signal the game is restarted.

Down the Club (20-50) (Girls)

Divide the group into two teams of equal numbers. Arrange the two teams in separate circles forty feet in diameter. Place an Indian club in the center of each circle. Place one player from each team in the center of the opposing team's circle. Give the players of each team two balls (one medicine ball and one indoor soccer ball). At signal each team attempts to knock over the club in its center. The medicine ball must be thrown and the football must be kicked. The balls may be recovered from anywhere, but must be ejected at the club only from the circle. Players must not use their hands on the football. The player in the center may use hands, legs and body in saving the club. The team which knocks its club down first scores one point. Immediately as a club is knocked down the game is halted and the two guards return to their respective circles. Two new guards are appointed and take up their proper positions. At signal the game continues as before. The game continues in this way until all have acted as guards. The team scoring the most points wins.



Team A



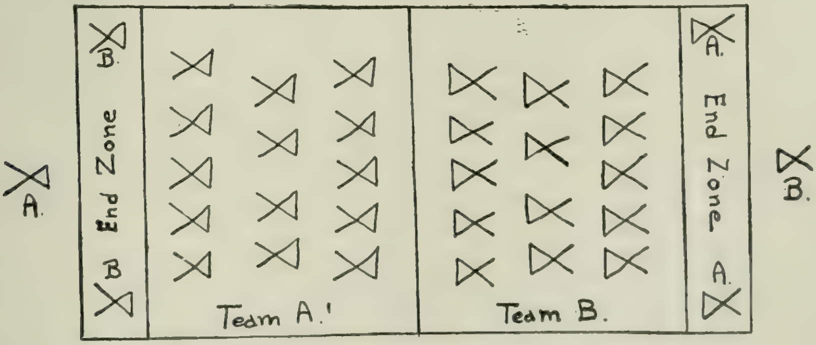
Team B

Drill Elimination (15-40) (Girls)

Place the group in open formation. Call the group to attention. Give any of the marching or calisthenic commands with which the players are familiar. Those who fail to execute the proper movements on the first trial are eliminated. Have those who are eliminated sit on the floor. One failure eliminates. Continue giving commands, using the simple exercises first and gradually introducing the more difficult until all have been eliminated. The last player eliminated is the champion.

End Ball (20-40) (Girls)

Establish a playing field sixty feet long by thirty feet wide. Divide the field in half making two courts thirty feet square. Establish a line so as to make a lane four feet wide running across the end of each court. These are the End Zones. Place all but two of the players of each team in opposite courts (not in End Zones). Place the two selected players of each team in the End Zone behind the opposing team. The teams are not allowed to cross the center line or enter the End Zones, and the End Zone players are not allowed to leave the End Zones. At signal put a ball (basket, volley, soccer) in play at the center line by tossing it up between the two players of opposite teams. Each team attempts to pass the ball to its players at the End Zone. Every time the End players get the ball it scores one point for that team. It is a good idea to place one player of each team outside of the playing area to recover stray balls. These players, upon recovering the ball, toss it to their team mates. After each score the ball is put in play as at the beginning. Set a time limit of five minutes; the team having the largest score at the end of this time wins.



Five "Duds" (16-36) (Girls)

Arrange the group in a circle—players standing at intervals of three feet. Have the group count off—the odds constitute one team

—the evens constitute another. Mark the players of one team so both teams are readily distinguished. Using two balls that differ in size or color, give one to each team. At signal each team passes its ball about as the members choose. Each player must pass the ball as soon as he receives it. Either team dropping the ball immediately scatters. The player of the other team, holding the ball at this moment, attempts to hit one of them. If he succeeds one "dud" is scored for that team (the team hit); if he fails no score is made. Succeeding or failing both teams immediately reform and the game is started again. The game continues until one team scores five "duds"; all of the members of this team must pay a penalty at the hands of the other team.

Foot and a Half (12-25)

Establish a line six feet long—this is the starting line. Arrange all but one player in column twenty feet from the line. Appoint the extra player "Buck" and place him two feet in front of the starting line, stooping forward, hands on knees, feet spread and back toward the line. At signal the first player (the "Leader") runs forward and vaults over the "Buck" in some definite fashion. All of the other players, following in turn, vault over in the manner set by the "Leader." Each player upon finishing his vault returns to his starting position. After all have vaulted the "Buck" moves forward a "foot-and-a-half"; this is measured by the "Leader." The Leader" sets another style and all follow as before. Any player failing to execute a vault in the prescribed manner becomes "Buck"; the old "Buck" falls in in front of the "Leader" and assumes that player's office. Each vault or stunt must start from in back of the starting line. As the distance between the starting line and the "Buck" increases the "Leader" should introduce hops, steps, double jumps, etc., sufficient to clear the space intervening between the line and the "Buck." After each complete rotation, the "Buck" advances a foot and a half and a new style of procedure is set by the "Leader."

Foot Tag Ball (15-40)

Arrange all but one of the group in a circle forty feet in diameter, players facing in. Appoint the extra player "It" and place him in the center of the circle. Give one of the players standing in the circle a ball (soccer, basket, volley). At signal "It" attempts to kick the ball. The players in the circle kick the ball about, attempting to prevent "It" from kicking it. Players may stop the ball with their body and hands, but may not catch or bat it. Players may not enter the circle more than one stride to receive the ball. Any player who; (1) is responsible for "It" touching the ball, (2) is responsible for the ball going out of the circle, (3) catches or bats the ball with his hands, becomes "It." The old and new "Its" exchange places and, at signal, the game continues.

Fungo (12-25) (Girls)

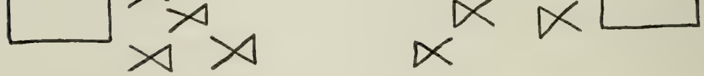
Establish a base (a spot one foot square) at one end of the playing area. Scatter all but two of the players over the playing area from thirty to sixty yards in front of the base. Of the two selected players appoint one batter and one catcher and place them at the base. Give the batter a baseball bat and a ball (baseball, playground ball). At signal the batter tosses the ball in the air and hits it to the players in the field who attempt to catch it on the fly, roll, or bounce. When the ball is recovered it is thrown to the catcher who passes it to the batter who bats it to the fielders again. The player who catches two fly balls or four balls rolling or bouncing first becomes catcher, the catcher becomes batter and the batter takes a position in the field. When one player has touched the ball, the ball is considered dead and no other player can score a catch on it. With each new batter the fielders drop all of the points accumulated on the last batter and start with a new slate. The new batter starts batting the balls to the players in the field as did his predecessor and in this manner the game continues.

Grand Chase (15-40)

Establish a circular track sixty yards in circumference. Arrange the group so the players stand equal distance apart about the track, all facing in one direction. At signal all start running around the track, each player chases the player in front of him, and each is therefore, being chased by the player in back. Each player stays in the chase until he has been touched by the player chasing him or has touched the player he is chasing; then he should get off the track at once. The race continues until all have tagged or have been tagged. Those who were tagged are eliminated; those who did the tagging reform equal distance apart about the track. At signal the race recommences. In this manner the elimination continues until but one player is left; he is the winner. As the number of players becomes reduced it is a good idea to reduce the size of the track.

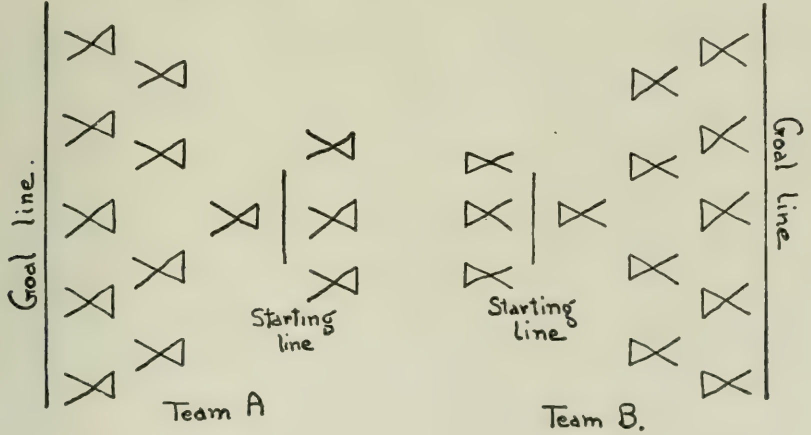
Goal Kick Ball (16-30) (Girls)

Establish two well-defined rectangles, thirty feet by fifteen feet, with long sides parallel; their distance apart is determined on the basis of two good kicks, taking into consideration; (1) the class of players, (2) the type of ball, (3) and the manner of kicking. Divide the group into two teams of equal numbers and place each scattered in opposite halves of the field facing the center; the rectangle in back of each team is that team's goal. Give team "A" a ball (soccer, rugby). Designate the style of kicking (punt, drop, place). Select a position in team "A's" half of the field from which an average kick would place the ball in the same relative position in "B's" half of the field—this is the starting line. At signal one of the players on team "A" standing on the starting line, kicks the ball in the designated manner toward "B's" goal. If the ball is caught on the fly the catcher takes three steps forward and kicks the ball toward "A's" goal. If the ball is not caught it is kicked from the point where it was first touched by the player who first touched it. The ball is kicked back and forth always in the designated manner, each team attempting to kick it in the opposite goal. A point is scored each time the ball hits in the goal from the fly by the kicking team. Players are not allowed to enter the goal area. Violation of this rule scores a point for the opponents. After each score the ball is put in play from the starting line by the team scored against. If the ball is kicked over the goal, it is kicked back from the center of the front line of the goal. Five points constitute a game; the team scoring this number first wins.



Hand Bat Ball (16-32) (Girls)

Establish two parallel lines; their distance apart being determined on the basis of the distance of two good throws, taking into consideration the type of the ball, and the group playing. Divide the group into two teams of equal numbers and place each scattered in opposite halves of the field, facing the center. The line in back of each team is that team's goal line. Give team "A" a ball (volley, soccer, basket). Select a position in team "A's" half of the field from which a well-thrown ball will land in the same relative position in team "B's" half of the field—this is the starting line. At signal the player of team "A" holding the ball stands on the starting line and bats the ball with his fist or open hand toward team "B's" goal line. Team "B" attempts to recover the ball as quickly as possible. The player on team "B" who recovers the ball bats it back toward team "A's" goal line. The ball is batted from the point of deepest penetration. Team "A" working on this same principle bats it back. In this manner the ball is batted back and forth, each team attempting to force it over the opponent's goal line. The team forcing the ball over the opponent's goal line wins.



Heads and Tails (16-40) (Girls)

Establish two parallel lines sixty feet apart. Divide the group into two teams of equal numbers and place them standing back-to-back four feet apart in the center of the field parallel to the base lines. The line each team faces is that team's base line. Call one team "Heads" and the other "Tails." At signal toss up a coin and call the side that shows up. Either side that is called runs for its base line, attempting to get there before any player of the opposite team can tag them. Any player tagged by an opponent before he reaches his base line must give his tagger a free ride back to his position in the center of the field. When all have crossed the base line or have been tagged and carried, all return to their original positions and the coin is tossed up again. In this manner the game continues.

High Straddle Vault Elimination (12-25)

A vaulting buck is necessary for this game. Establish the buck in the center of the playing area adjusted to its lowest height. Arrange the group in a column of files thirty feet from the buck and facing it. At signal the column moves forward, each player in turn straddle vaulting over the buck. Those who fail to execute the vault are eliminated and withdraw to one side. Those who succeed fall in at their original positions. When all have made the attempt the buck is raised a little and those who remain in the column try again—those who fail drop out, those who succeed return to their original position. In this manner the buck is gradually elevated and the contest continued until all have been eliminated—the last player eliminated is the winner. If the buck will not go high enough it may be made higher by putting a medicine ball, bricks, or a stone on its top. This game may be varied by having the contestants squat vault onto the buck.

High Touch Elimination (12-25)

Attach a ball (basket, soccer) to a small rope twenty feet long and hang it over a beam or limb of a tree. Adjust the ball to a height of seven feet. Place a springboard before the ball. Arrange the players in a column twenty feet from the springboard. At signal the column slowly moves forward, each player in his turn jumps from the springboard and attempts to touch the ball with his hand. The ball should be restored to a quiet position after each touch. Those players who fail to touch the ball are eliminated and withdraw to one side. Those who succeed fall in column in their original positions. Players are allowed but one trial at each height. When all have made one trial the ball is elevated a little and those who remain in column try the new height under the previous conditions. The ball is elevated after each rotation of the players until all have been eliminated. The last player forced to withdraw is the champion.

Hobo (14-25)

Arrange all of the group but one in a circle or a rectangle—players standing ten feet apart, facing in. Appoint the extra player

"Hobo," and place him in the center of the circle. Have each player mark the place where he is standing, using stones, chalk or a hole in the ground. At signal the players seek to exchange positions. The "Hobo" attempts to get into one of the vacated positions. All of the players help the "Hobo" by attempting to deceive their fellow-players by negotiating an exchange, starting to carry it out and then returning to their starting position. When the "Hobo" secures a place in one of the positions, all of the players hurriedly seek a place and hold it. The player without a position becomes the "Hobo." At signal the game continues. It is a good idea to have the player who is the "Hobo" carry a handkerchief or a stick or some other object to distinguish him.

Hop Ball Tag (12-40)

Give all of the players but one a swatter. Appoint the extra player "It" and give him a soft ball (playground, basket, volley, tennis). Scatter the players over the playing area. At signal "It" lifts one foot and hops after the other players finally putting his lifted foot down and throwing the ball at the runners. If he fails to hit a runner, either on the fly, bounce or roll, he must run and recover the ball. While he is running for the ball the other players may beat him with their swatters. Upon recovering the ball he hops after the players again and at opportune moments attempts again to hit a runner. The hopper must throw the ball whenever he puts his foot down, be it accidental or intentional. If his throw is successful the player hit becomes "It"; he drops his swatter and runs for the ball; like the former "It" he is liable to be beaten until he recovers the ball. Upon recovering the ball he takes up the duties of this office. The old "It" picks up the swatter discarded by the new "It" and the game continues.

Hop Tag (12-40) (Girls)

Establish a circle three feet in diameter in the center of the playing area. Appoint one player "It" and place him in the circle; —here he may stand on both feet. At signal "It," hopping on one foot, chases the other players, attempting to tag one. If, after leaving his base, he touches the other foot to the floor, he must return to the base to make himself eligible to tag. The other players may beat him with their open hands without being tagged while he is doing this. Once he has arrived at the base he is eligible to tag again. While "It" is hopping on one foot the other players may try to overbalance him, but of course they make themselves liable to tagging while doing so. Any player tagged by "It" becomes "It" at once and is subject to be beaten by the other players until he has made himself eligible to tag by returning to the base.

Hop the Hole (15-30)

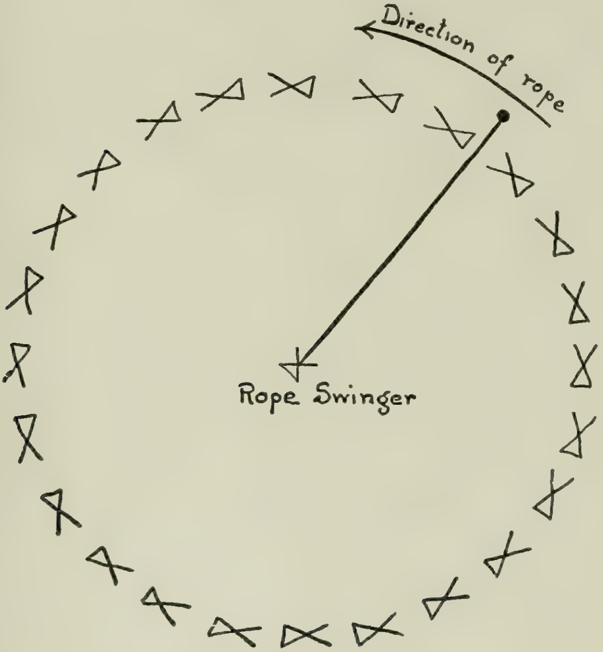
Arrange all but one of the players in a circle thirty-five feet in diameter; players facing in. Appoint the extra player "It" and place him in the center of the circle. Number the players consecutively giving "It" the last number. At signal "It," standing on one leg, calls three numbers, not greater than those held by the players. "It" must always stand in the center of the circle when calling numbers. The players holding the numbers called, run and attempt to exchange places at once. "It" attempts to get into one of the vacated places; in making the attempt he is required to hop on one leg. If "It" fails to secure a vacant place he remains "It" and calls three new numbers. If "It" succeeds in getting a place he remains there; the player expelled becomes "It," takes position in the center, stands on one foot, calls three numbers and the game continues.

Hopping Circle (16-30) (Girls)

Arrange all but one of the group in a circle—players standing about four feet apart, facing in and holding hands. Give the extra player a light rope about fifteen feet long with a soft weight (slipper, bean bag) at one end. At signal he swings the rope about close to the ground so that the weight travels about just inside of the circle of players. As soon as the weight is traveling well he calls "Hop." On this signal all of the players lift one foot from the floor and begin to hop over the rope which the player in the center lets swing a trifle wider. Any player who releases hands with his neighbor, puts his lifted foot on the ground, or fails to jump the rope (stops it) is given one "dud." After each "dud" is scored the center player swings the rope as in the beginning. The player scoring three "duds" must pay a penalty.

Hop Toad (12-30)

Arrange the group in a circle thirty feet in diameter, players squatting at six-foot intervals and facing to the left. Place one player in the center; give him a light rope about twenty feet long with a weight at one end. At signal he swings the rope around close to the ground so it reaches the players in the circle. Each player in the circle, as the rope approaches him, executes a short quadruped dive over the rope—that is jumping off his feet he lands on his hands and then brings up his feet so as to assume a squatting position. Players who stop the rope in its progress are eliminated and withdraw from the circle. The elimination continues until all have withdrawn. The last player forced to withdraw is the champion.



Horse and Rider Rope Pull (12-40)

A stout rope one and one-half inches in diameter and sixty feet long is required for the event. Stretch the rope on a level piece of ground. Mark the center of the rope and the ground over which the center rests. Divide the group into two teams of equal strength and place them on opposite ends of the rope. Arrange each team in pairs—"Horse" and "Rider." Have the "Riders" mount the "Horse's" shoulders. Give the rope to the "Riders." Set a time limit of thirty or sixty seconds. At signal each team pulls the rope, attempting to pull opponents across the center line. Any rider falling to the ground must release his grasp on the rope until he has remounted. Call time at the end of the specified period. The team having the center of the rope on its side of the center line wins.

Hot Hand (10-20)

Assemble the players in a group in the center of the field. Appoint one player "It." Have "It" bend forward. Have some other player hold his head, placing his fingers over his eyes so he cannot see. Have the rest of the players crowd around in back of "It." Some player slaps "It" over the buttocks with the open hand. "It" quickly turns around and makes a guess as to whom it was that struck him. If he guesses correctly the striker becomes "It." If he guesses incorrectly he remains "It" and the game continues as before. He is allowed to make only one guess for each slap. In this manner the game continues.

Hot Rice (10-22)

Arrange the players in scattered positions over the playing area. Establish a base (spot one foot square in the center of the area). Appoint one player "It," give him a bat and a playground ball and place him on the base. At signal "It" bats the ball. The other players attempt to recover the ball as soon as possible; the player who secures it throws it at the batter. The batter either tries to bat it, avoid it, or use the bat to prevent it (the ball) hitting him. He must, however, keep one foot on the base. If the ball hits the batter the player who threw it and the batter exchange places. To catch a batted ball the players may run about as they wish; the player who captures the ball, however, must throw it at once from the point where he captured it. Any player catching two fly balls off of the bat also exchanges places with the batter. Each new batter restarts the game by batting the ball.

Hunter and Hunted (15-36)

Arrange all but three of the group in a circle; players holding hands at shoulder height. The three players are numbered "One," "Two," and "Three" respectively and placed equal distance apart outside of the circle. At signal "One" chases "Two," "Two" chases "Three" and "Three" chases "One." Each attempting to tag the man he is after and at the same time avoid being tagged himself. Each player, therefore, is both chasing someone and being chased by someone. The runners may run in and out about the circle as they please, except that they must not go more than ten feet beyond the outside of the circle. The players in the circle are not allowed to interfere with the runners. The chase continues until one player has been tagged; this player is eliminated. The next three runners then step out of the circle and the three who have just finished take their places in the circle. The game continues in this manner until all have run. The winners are numbered off again and the winners decided. This continues until but one player is left; this player is the winner.

Hurdle Elimination (12-25)

Arrange all but two of the players in a column of files. Place the two selected players thirty feet in front of the column, holding a six-foot stick at right angles to the same. Have these players slowly wave the stick from below the waist to a point high over head. To do this they hold their arms straight, and working in unison swing the stick through a semicircle. At signal, the column slowly moves forward, each player in his turn attempting to hurdle the stick as it reaches its low position. Players failing to hurdle the stick withdraw to one side—one failure eliminates. Players who succeed in hurdling the stick fall in at their starting position. When all have completed the attempt the two men wave the stick a trifle more rapidly. Each player in his turn tries again. Those who fail drop out, those who succeed fall in at their starting positions. This continues—after each complete series of trials the stick is waved a trifle more rapidly until all are eliminated. The last player eliminated is the winner.

Hurry Ball (15-30) (Girls)

Arrange all but one of the group in a circle fifteen feet in diameter. Appoint the extra player "It"; give him a ball (playground or tennis) and place him in the center of the circle. At signal "It" tosses the ball into the air to a height of fifteen feet so it will drop in the center of the circle. As the ball descends "It" either catches it or lets it drop to the floor. If he catches it he attempts to tag one of the players with it before they can sit on the floor and raise their feet from the same. "It" must tag a player with the ball in the hand and not throw it. Any player fairly tagged becomes "It." The old "It" exchanges places with him and he throws up the ball for the next play. If, on the other hand, he lets the ball drop to the floor, the players are not required to sit on the floor; neither can "It" tag them in this case. A touched ball is considered caught. Any player who makes a move to sit down is eligible to have the ball thrown at him by "It" as soon as "It" recovers it. As soon as a player discovers his mistake he may run away from "It." Any player hit by the ball thrown by "It," in this case, exchanges places with "It" and the game continues.

Imitation Tag (12-40) (Girls)

This game is played as ordinary tag with this exception; the player who is "It" may choose the style of travel. This may be hopping on one foot, double jumping, walking, running, frog jumping, duck-waddling, or any other method he may devise. When a player becomes "It" he immediately takes up the style of travel he desires; the others conform at once. Any player who fails to travel in the indicated manner becomes "It." Likewise any player who runs out of bounds becomes "It."

In and Out (12-25)

Give a player a light rope twenty feet long with a weight at one end and place him in the center of the playing area. Arrange the players in column thirty feet from the player with the rope. The player with the rope swings it so it circles slowly around close to the ground. At signal the column slowly moves forward, each player in turn runs into the area of the circling rope, touches the player swinging the rope and runs out. Players may or may not jump the rope and may leave the area at any point they wish. Players who halt the rope in its progress are eliminated and withdraw to one side. Those who succeed, reform in column. After all have made one attempt the rope is swung a little more rapidly and all who remain in the column make the attempt again—those who fail withdraw, those who succeed reform in column. In this manner the game continues until all have been eliminated. The last player eliminated is the champion.

Individual Basket Ball (10-20)

This game must be played on a basket ball court. Have the group count off. Give No. 1 a basket ball and place him on the foul line. At signal he attempts to throw a basket. If he fails No. 2 secures the ball as near the basket as possible and from the point where he recovers it attempts to throw a basket. If he fails No. 3 secures it and makes the attempt. In this manner each player in turn makes the attempt. The first player follows the last. Any player throwing a basket scores one point. After a successful throw the succeeding player secures the ball and throws it from the foul line instead of the point where he secures it. Any player holding the ball longer than five seconds forfeits his chance to make a throw. Five points constitute a game; the player scoring this number first wins.

Individual Dodge Ball (15-30) (Girls)

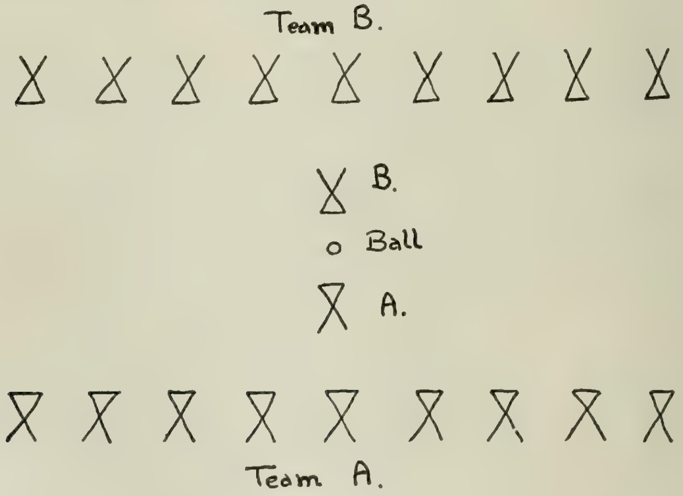
Arrange all but one of the group in a circle twenty-five feet in diameter, players facing in. Place the extra player in the center of the circle. Give one player in the circle a ball (medicine, basket, volley). At signal this player throws the ball at the center player, trying to hit him. The center player tries to avoid being hit. If the throw is unsuccessful the ball is regained and rethrown at the center player. Any player in the circle may recover it. All throws must be made from the throwing player's position in the circle. This continues until the center player is hit. Every throw at him scores one point for him. The total number of throws represent his score. When he is hit he takes position in the circle and another player from the circle takes position in the center. The ball is thrown at this new center player until he is hit. This continues until all of the players have been in the center. The player scoring the largest number of points wins.

Individual Dud Ball (15-40)

Establish a playing area eighty feet square. Assemble the players in the center of the playing area. Appoint one player runner and give him a ball (playground, volley, basket). At signal the runner tosses the ball straight up in the air and runs attempting to keep away from the ball. One of the other players catches the ball and passes it to another. Thereafter the ball is passed about among the players. At a favorable moment some player throws the ball at the runner. The players may run about as they choose, but may not carry the ball. A player on receiving the ball must halt and remain in place until he has passed it or thrown it at the runner. Any player responsible for the ball touching the ground after the original toss receives one "dud." If the player who throws the ball at the runner hits him the runner receives a "dud," if he fails he (the thrower) receives a "dud." The player who receives a "dud" after each toss, makes the next toss. The game continues until some player has received three "duds"—this player is compelled to pay a penalty.

Individual Soccer (18-40)

Divide the group into two teams of equal numbers. Arrange the teams facing each other along parallel lines thirty feet apart; players standing with feet spread so each touches those of his neighbors to the right and to the left. The players also hold hands. Place a ball (medicine or indoor soccer) in the center of the field. At signal the first player from each team runs forward and attempts to kick the ball through the opponent's line. Kicking the ball through the line scores one point. To pass a line fairly the ball must pass within the limits of the two ends of each team and below the heads of the players. The players in the line may use all parts of the body including their feet, hands and arms in blocking the ball, but one foot must always be kept on the line and the hands must be kept joined. Either team stepping off the line, breaking hands or allowing the ball to pass through their ranks scores one point for the opponents. Either team kicking the ball across the opponents' line unfairly (over heads or off side) scores one point for opponents. Each time a point is scored the ball is replaced in the center of the field and the next two players take up the contest. This continues until all have had one chance. The team scoring the greatest number of points wins.



Island Tag (15-40)

Arrange mats about the gymnasium floor. The floor is the "Sea," the mats "Islands." Scatter the players about the floor.

Appoint one player "It" and another "Helper." At signal "It" chases the other players, attempting to tag one. Players standing on "Islands" are free from tagging. The "Helper" aids "It" by pushing players off of the islands into the sea; in doing this he may only push and charge the players—he may not hold them with his arms. Any player fairly tagged by "It" becomes "It." The old "It" then becomes "Helper" and the old "Helper" joins the players. A player touching the floor in any way is considered eligible for tagging. In this way the game continues.

Jump Stick Elimination (12-25)

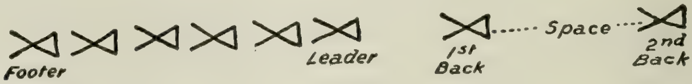
Arrange the players in a column of files; players standing three feet apart. Place two players ten feet in front of the column holding a six-foot stick at right angles to the same and about a foot off the ground. At signal the players with the stick run back toward the foot of the column, one going on each side so the men in the column have to jump the stick. Any player failing to jump the stick withdraws to one side—one failure eliminates. Runners continue with the stick from the point where a player is eliminated. Reaching the foot of the column the men in the column turn about, the runners face about, the stick is raised about three inches and the runners carry the stick back down the column; failure to jump the stick eliminates as before. Care should be taken that those carrying the stick, carry it at an even height and speed throughout a given run. This continues until all but one player has been eliminated. This player is the champion.

Jump the Slipper (15-30)

Arrange all but one of the group in a circle thirty feet in diameter. Divide the circle into two teams of equal numbers. Number each team consecutively from left to right. Place one player in the center of the circle; give him a light rope about 15 feet long with a soft flat object like a slipper tied at one end. At signal he swings the rope around in a circle so that the slipper slides along the floor about three feet in front of the players. The rope should be swung at a speed that accords with the skill of the players. At signal player No. 1 of each team attempts to jump on the slipper. All jumps must be made from the jumper's position in the circle, jumping with both feet together and landing with both feet together. The player who jumps on the slipper and remains on it first scores one point for his team. If either player jumps on the rope or in front of the slipper or rope and fails to get out of its way, thereby halting it, one point is scored for the opposite team. After each attempt that does not score a point the player may return to his position and try again when the slipper comes around. After a point is scored the slipper is swung about again and at signal the number twos make their attempts. Number threes follow and so forth until all have tried. The team scoring the largest number of points wins.

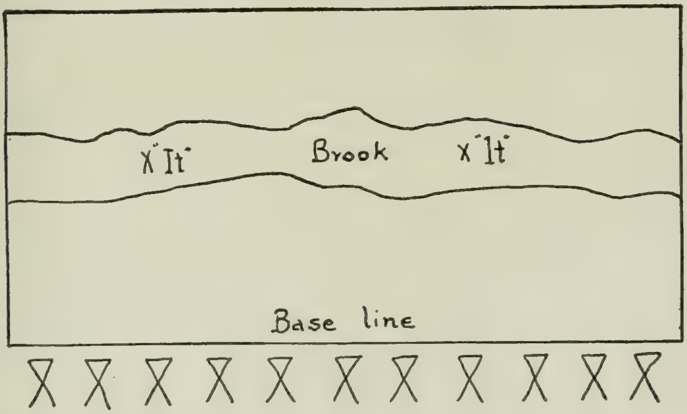
Leader and Footer (12-25)

Arrange all but two of the group in a column—the first player of the column is the "Leader" and the last is the "Footer." Place the two selected players thirty feet apart, directly in front of the column. Have each lean forward and put his hands on his knees. They are known as "Backs." At signal the "Footer" directs the method by which the distance between the two "Backs" should be made. The "Leader" and all behind him in turn straddle vault the "First Back" and attempt to clear the space to the "Second Back" in the stipulated manner and then straddle over the "Second Back." Any player failing in any respect becomes "Second Back";—"Second Back" becomes "First Back"; "First Back" takes position in front of the "Leader," thereby becoming "Leader." The game then continues. When all have completed the attempt the "Footer" sets a new method of procedure and the game continues. The "Leader" may challenge a request of the "Footer" at any time; in this case the "Footer" must make the attempt first. If he succeeds the "Leader" becomes "Second Back" and all of the other players have to try it. The others change accordingly. If he fails he becomes "Second Back" and no one else has to attempt it; the player at the end of the column then becomes "Footer" and gives a new order. Samples of the methods for clearing the space are as follows: (1) hop on one foot, (2) five hops, (3) four double jumps, (4) two hops, two steps and two jumps, (5) hop, step and jump, and so on.



Leap the Brook (15-40) (Girls)

Establish a playing court sixty feet by thirty feet—the long sides are the base line, the short sides the side lines. Establish two lines running parallel to the base lines in the center of the court which while running practically parallel curve slightly, so at different places they are six, eight, ten and twelve feet apart. The space between the two lines is the "Brook." Place all but two of the players on one of the base lines. Appoint the two selected players "Its" and place them in the brook. At signal all of the players on the base line run forward, attempting to jump the "Brook" and reach the other base line without being tagged by the "Its" who must remain in the "Brook." Any player tagged by either "It" becomes "It"; the player who tagged him is eliminated and withdraws from the field. A tag made while the tagger is outside of the brook is considered null. Any player stepping in the "Brook" is eliminated. When all have been tagged, or have reached the further base line, a new signal is given and the players attempt to return to the opposite base line, advancing under the previous conditions. After each signal players are given fifteen seconds to cross the brook—those who are not over in this period are eliminated. The players run back and forth in this manner until all are eliminated—the last player eliminated is the winner.



Leg Dive Tag (15-30)

Arrange all of the group but two in a circle thirty feet in diameter. Have the players in the circle spread their legs. Of the selected players appoint one "It" and the other runner. Place them on opposite sides of the circle. At signal "It" chases the runner. The runner moves about and suddenly dives between the spread legs of one of the players in the circle. This player then becomes the runner. The old runner takes the new runner's place in the circle, but stands with feet together. If "It" tags the runner the two immediately change offices. After diving through a player's legs each player stands with feet together until all have their feet together, when all spread them. The method of play prevents a few players from monopolizing the game.

Line Ball (12-25) (Girls)

Establish two parallel lines sixty feet apart—these are the throwing lines. Establish a third line halfway between and parallel to the throwing lines—this is the standing line. Place all but two of the players standing at normal intervals in column on the standing line. Give each of the players on the throwing line a ball. At signal these players throw the balls simultaneously at the center players in such a manner that the balls will hit one or more of them on the first bounce. The balls may be thrown from any position on the throwing line. The players on the standing line may dodge and twist and jump as they see fit to evade the balls, but they must keep on the line. Any player fairly hit is eliminated and takes the position of the player who hit him; this player (the thrower) withdraws altogether. After each hit the column closes its ranks to normal distances. After each throw the balls are recovered by the throwers, be they new or old, and thrown again. This continues until all have been eliminated. The last player eliminated is the champion.

Line Captain Ball (18-36) (Girls)

Divide the group into two teams of equal numbers. Place all but one of each group in parallel lines fifty feet apart—players facing in. Establish a spot three feet in diameter halfway between the opposing lines. The two selected players alternately serve as Captain and Guard. Give the players of team "A" a ball—the Captain of team "A" stands on the spot. The Captain of team "B" acts as guard. At signal the player holding the ball attempts to pass it to his Captain. The Captain must keep one foot on the spot. The guard tries to prevent the Captain from getting it in any way he can so long as he does not step in the circle. Stepping in the circle scores a point for the Captain. If the Captain secures the ball one point is scored for his team. If the Guard secures it he tosses it to his team and takes a position on the spot as Captain—the Captain of team "A" then becomes Guard. After each point two new Captains are appointed. Ten points constitute a game—the team scoring these first wins.

Marching Attack (20-40)

Establish two parallel lines sixty feet apart. Divide the group into two teams. Place each team in line behind opposite base lines team "A" facing the center of the field, team "B" facing away from the center. At signal team "A" in line formation, marches forward toward team "B." Upon a second signal the players of team "A" break ranks and attempt to return to their base line, the players of team "B" break rangs on the same signal and attempt to catch the players of team "A." All signals should be given by the Instructor; the signal for running should be given when the marchers are about five feet from those standing. Players of team "A" tagged before they reach their base line become prisoners of team "B."

The two teams (team "A" minus the players forced to drop out) form on their respective lines again, both teams facing in reversed direction. Upon signal, team "B" marches forward. Upon a second signal the players of team "A" attempt to catch the players of team "B." Players of team "B" caught by team "A" become prisoners of team "A." The captains of the teams now declare an armistice and exchange prisoners. The team having the smallest number of prisoners exchanges all of them for an equal number from the enemy; the Captain of this team is allowed to pick those whom he wants. Players exchanged fall in line with their teams. After the exchange has been completed the two teams repeat as before except that "B" marches forward first and "A" last. After both have marched forward an exchange is completed again. This continues until one team is reduced to one half of its original number, the other team is the winner.

Mass Basket Ball (16-30) (Girls)

This game is played as the regular game of Basket Ball with the following exceptions: (1) A large number are allowed to play. (2) There is no half time. (3) All fouls eliminate the persons committing them. (4) After a foul the ball is tossed into the air between two players of opposite teams at the point where the foul was made. (5) Boundary lines are not recognized; in other words the ball is never out of bounds. (6) Five minutes constitutes a game; the team scoring the most points in this time wins.

Mass Field Hockey (30-60) (Girls)

This game is played as the regular game of Field Hockey with the following exceptions: (1) A large number are allowed to play.

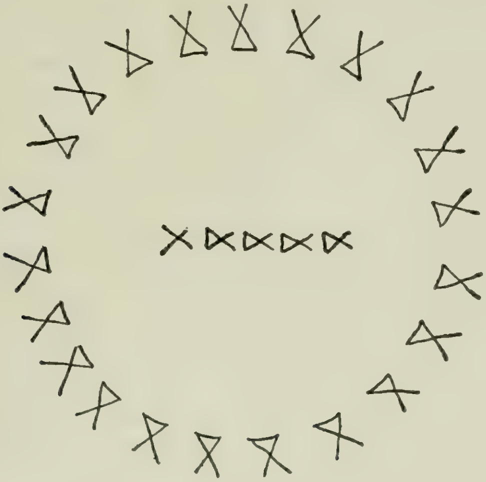
(2) There is no half time. (3) All fouls eliminate the persons committing them. (4) After a foul the ball is put in play at the point of the foul between two players of opposite teams. (5) There are no boundary lines, hence the ball is never out of bounds. (6) Ten minutes constitute a game; the team scoring the greatest number of points in this time wins.

Mass Hand Ball (10-20)

A wall from fifteen to thirty feet high is necessary for this game. Establish two perpendicular lines on the wall thirty or forty feet apart, two lines on the floor in continuation of the wall lines, forty feet long, and a line connecting the ends of the floor lines—these are the boundary lines. Establish another line twenty feet from the wall connecting the side lines—this is the service line. Divide the group into two teams of equal numbers and mark one team so both are readily distinguished. Scatter both teams over the playing area. Give team "A" a ball (volley, tennis, handball, soccer). At signal a player of team "A" standing on the service line bats the ball against the wall so it returns over the service line. Any player on team "B" returns it against the wall. Team "A" repeats. Thus the teams alternately bat the ball against the wall. If either team (1) fails to receive the ball fairly (i.e. fails to hit it on the fly or before the second bounce, (2) fails to return the ball fairly (i.e. bats the ball so it touches out of bounds, or the floor before it hits the wall, or hits out of bounds after it has hit the wall fairly, or (3) catches the ball, one point is scored for the opposing team. After every score the ball is put in play by the team responsible for the score. Fifteen points constitute a game—the team securing this number first wins.

Mother Carey's Chickens (20-40) (Girls)

Divide the group into teams of five or six players each. Place all but one team in a circle forty feet in diameter. Give the players in the circle a ball (playground, basket, soccer). Place the extra team in column in the center of the circle, each player holding the player in front by the waist. The leading player is "Mother Carey," the others are "Chickens." At signal the player with the ball throws it at the "Chickens." Any "Chicken" hit is eliminated and withdraws to a position outside of the circle. "Mother Carey" attempts to protect her "Chickens" by warding off the ball; she may bat it or deflect it as she chooses, but she may not catch it. She cannot be eliminated. The "Chickens" retain their holds, but may swing, turn and twist about to evade the ball. After the first throw, the players in the circle may recover the ball in the circle, but all throws must be made from the thrower's position in the circle. Any "Chicken" releasing his hold on the "Chicken" in front is eliminated. The elimination continues until all of the "Chickens" have been forced to withdraw. The time taken to force them out is recorded. The first team takes position in the circle, and a new team takes position in the center. The time it takes to force this group out is recorded. The other teams repeat accordingly. The team which has "Chickens" remain in the center longest wins.



Mount Ball (20-40)

Arrange the group in a double circle, facing in; players of inside circle four feet apart, players of the outside circle directly behind members of the inside circle. Inside circle are "Horses," outside circle are "Riders." Have the "Riders" mount the shoulders of the "Horses." Give one of the "Riders" a ball (medicine, basket, soccer). At signal the "Riders" pass the ball about. The "Horses" endeavor to make the "Riders" drop the ball. The "Horses" must stay in place. Shaking, sidestepping, wriggling and similar tactics may be used to make the "Riders" drop the ball. The "Horses" and the "Riders" exchange places whenever the "Riders" drop the ball. The entire group make the change, not single players.

Move Down or Up (18-32)

Divide the group into two groups of equal numbers; place them in parallel lines fifty feet apart, groups facing each other—players four feet apart. Give one of the players a ball (baseball, playground, tennis). At signal the player with the ball calls the name of one of the players of the opposite group and throws the ball to him. The throw may be, (1) a roller, (2) a bounder, (3) a straight pitch, or (4) a fly; the thrower has his choice. The thrower should make his throw so it is fairly difficult to catch, but not too difficult. The player whose name is called attempts to catch it. If he muffs the ball, he moves down one—exchanges places with the player on his left. If he catches the ball he moves up one—exchanges places with the player on his right. The place of honor is to the right of the lines. Succeeding or failing, he secures the ball and calling a name of one of the players on the opposite line throws it to him. This player moves up one or moves down one according to whether he catches the ball or fails. This player calls a player of the opposite side and throws the ball, and so forth in this manner, the game continues.

Net Ball (12-24) (Girls)

A rectangular surface thirty feet by sixty feet is required for this game. Place a rope or net so that it intersects the playing court making two halves thirty feet square—the net should be about eight feet high. Divide the group into two teams of equal numbers and place each scattered on opposite sides of the net. Place one player of each team in the playing field on the opposite side of the net; the number should be decided on the basis of one for each ten players on a team. Give team "A" a ball (medicine, basket, soccer). At signal team "A" throws the ball over the net. Players of team "B" catch it and throw it back. Team "A" returns it. The ball is thus thrown back and forth across the net. If either team (1) allows the ball to touch the surface of its court; (2) throws it out of bounds; (3) passes it among themselves more than once before throwing it over the net; (4) has a player hold the ball more than four seconds; (5) allows the player of the opposite team operating in its court to catch the ball, one point is scored for the opposite team. Players may not hold opponents operating in their field, but may block and generally interfere with them. After every score the ball is put in play by the team losing the point. Ten points constitute a game.

The team securing this number first wins. Players playing in opponent's court should be changed after each game.

One-Leg Football (20-40)

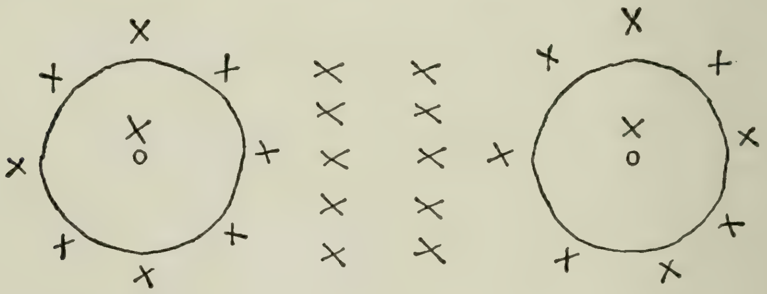
Establish a playing field sixty feet square. Divide the group into two teams of equal numbers and place each on opposite lines—the line each team is standing on is that team's goal line. Establish two marks twenty feet apart in the center of each team's goal line—the space between these marks is the goal. Place a ball (soccer, basket) in the center of the field. At signal the players of both teams hopping on one foot, hop forward and attempt to kick the ball over the opponent's goal line. Both the free foot and the hopping foot may be used to kick the ball. The players are not allowed to change their feet after starting. They may hop out of the field of play, however, and rest. Any player touching his uplifted foot to the ground, falling down or placing his hands on an opponent is eliminated and must withdraw from the field until a goal has been scored. If the ball passes through a team's goal, either on the ground or on the fly, the opposite team scores one point. Three points constitute a game, the team scoring three points first wins. After each point, eliminated players are allowed to rejoin their teams and the ball is put in play as at the beginning.

Over Ball (18-32)

Establish two parallel lines forty feet long, a hundred feet apart. Divide the group into two teams of equal numbers and place them on opposite base lines. Give each player of both teams a stick six feet long. Place a ball (indoor soccer) in the center of the field. At signal the first player of each team drops his stick, runs forward and attempts to kick the ball over the heads of the opposite team. The players on the line may stop the ball with their bodies, legs, hands, and sticks, but may not catch it. They must also stay on the line. A ball passing on the side of the base lines or touched by a player scores nothing and is returned to the field of play. It is a good idea to have the end players on each team recover such balls and toss them into the field. The player who succeeds in making a valid kick scores one point for his team. These two players return to their respective positions; the ball is placed in the center of the field, and at signal two new players run forward. This continues until all have competed. The team scoring the greatest number of points wins.

Pin Ball (18-40) (Girls)

Establish two circles ten feet in diameter sixty feet apart. Place an Indian Club in the center of each circle. Divide the group into two teams and scatter each over the playing field between the two clubs. Assign each team to defend a pin. Have each team appoint a pin guard, and place him in its circle. At signal toss a ball (basket, medicine, playground) between two players, one player from each team, halfway between the two pins. Each team attempts to secure the ball and knock over its opponent's pin. The game is played according to the regular basket ball rules plus the rule that no player but the pin-guard can step inside the circle. Any player violating any of these rules is eliminated from the game. Fouls give the team fouled against a free throw at its opponent's pin from a line thirty feet from the pin. (The pin-guard is not allowed to interfere with a free throw.) Each time a pin is forced over, either by being knocked over by the ball or accidentally knocked over by the pin-guard one point is scored for the attacking team. After each score the ball is put in play in the center as at the beginning. Set a time limit of five minutes—the team scoring the most points in this time wins.



Pin Football (18-40)

Establish two circles ten feet in diameter, sixty feet apart. Place an Indian Club in the center of each circle. Divide the group into two teams and scatter each one over the playing area. Assign each team to defend a pin. At signal, bounce an Indoor Soccer between two players (one player from each team) halfway between the pins. Each team attempts to kick the ball so as to knock over its opponent's pin. Unnecessary roughness, holding, pushing and so on are not allowed. No player is allowed to step inside of either circle. Any player violating any of the rules is eliminated from the game. Each foul entitles the opposing team to a free kick at its opponent's pin, which should be made from a line twenty feet from the pin. Each time a pin is bowled over one point is scored for the attacking team. After each score the ball is put in play in the center of the field as in the beginning. Set a time limit of five minutes. The team scoring the most points in this time wins.

Pin Guard (15-30)

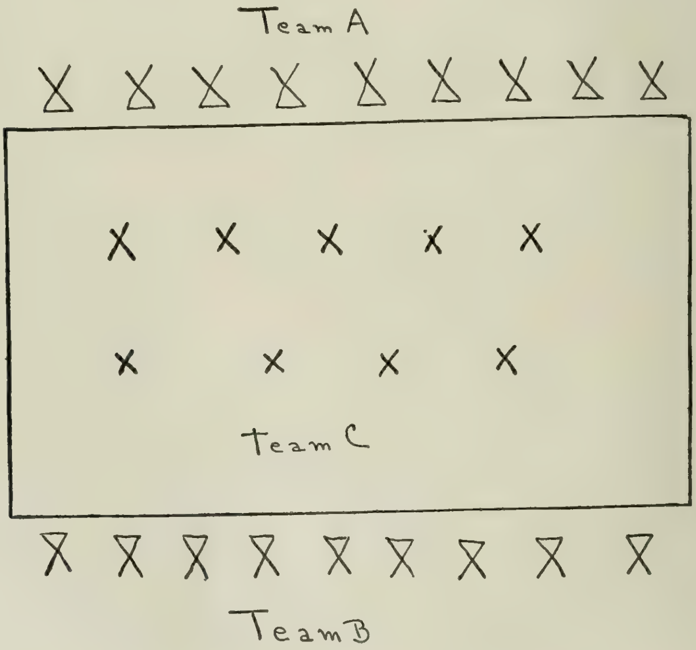
Stand an Indian Club in the center of the playing area. Appoint one player guard, give him a swatter and place him beside the pin. At signal the other players attempt to knock over the pin either by striking it with the hand or kicking it with the foot. The guard attempts to swat any player that comes near him. Any player hit by the swatter is temporarily eliminated and withdraws until some player has knocked over the pin. Each time a player is eliminated he receives one "dud." Any player knocking over the pin becomes guard; the old guard joins the attackers; eliminated players reenter the play and at signal the game recommences. The first player to receive three "duds" must pay a penalty.

Prison Tag (20-40)

Establish a playing area forty feet square. Establish a circle five feet in diameter in the center of the playing area—this is the prison. Arrange the group in pairs and place all but one pair outside of the playing area. Appoint the two selected players "It" and place them in the center of the playing area. Have all of the pairs, including the "Its" link arms. At signal the players at the side lines (each pair retaining its position of linked arms) enter the field and tantalize the "Its" who chase them, attempting to tag them. If one player of a pair is tagged in the playing area he is considered caught and must take up a position in the prison. A tag made while the arms of the "Its" have become unlinked is considered null. When one player of a pair is tagged the other player returns to the boundary line and thereafter can only enter the field on one foot. He may release his partner from prison by hopping to the prison, linking arms with him and running off, provided of course he succeeds in evading the "Its." If a single player (one whose partner is in prison) drops his uplifted foot to the floor he is considered caught. If any pair unlink their arms in the playing area both are considered caught. The "Its" continue their chase until both of a pair have been caught—this pair then becomes "It," all of the other players return to the side lines and at signal the game recommences.

Progressive Dodge Ball (30-60) (Girls)

Establish a field sixty feet long by twenty feet wide—the long sides are the base lines. Divide the group into three teams of equal numbers. Place team "A" in line back of one of the base lines, team "B" in back of the other base line and team "C" in the center of the field. Give one of the players of team "A" a ball (basket, soccer, volley, playground). At signal the player with the ball throws it at the players in the center. The players in the center attempt to evade the ball. Any player running out of bounds is eliminated and remains just outside of the side line. If the ball fails to hit a player it is recovered by the players of team "B" and thrown at the players in the center. In this way the ball is thrown back and forth. Any player hit by the ball joins the team which threw the ball that hit him. The players of team "A" and team "B" may enter the field to recover the ball, but all throws must be made from behind the line. The throwing continues until all of the players of team "C" have been eliminated. The number of players on teams "A" and "B" are then counted. The team having the largest number wins. The team which won goes in the center and team "C," which was in the center, takes the vacated position on the base line.



Progressive Tag Ball (15-30) (Girls)

Arrange all but one of the group in a single circle facing in, players standing three or four feet apart. Make one blank space in the circle. Number off the positions of the players, counting consecutively from left to right, starting with "one" at the right of the blank space. The object of the game is to advance into and hold the highest numbered position. Appoint the extra player "It" and place him in the center of the circle. Give the players in the circle a ball (medicine, soccer, etc.). At signal the players in the circle pass the ball about. "It" tries to touch the ball. If he does the man responsible for his touching it becomes "It"; the men below all move up one place to fill in the gap left by him, and the old "It" takes position in the circle at position number "one." As soon as the shift has been made the game continues.

Pull Across Line (16-40) (Girls)

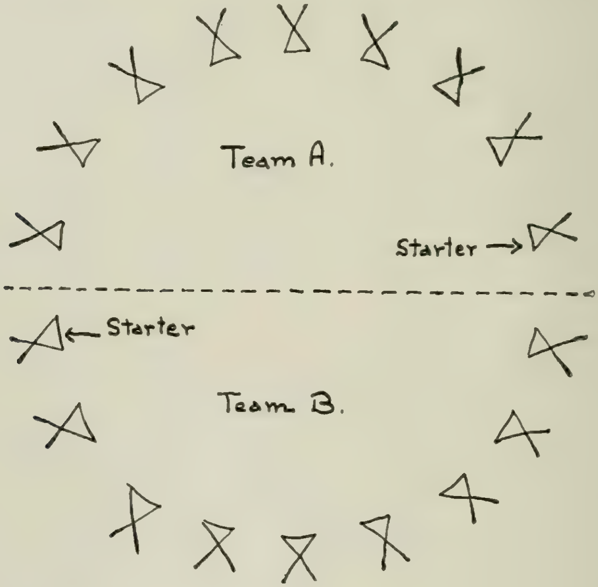
Establish a line thirty feet long. Place two teams on opposite sides of the line facing each other at a distance of four feet. At signal the players of each team reach forward and attempt to pull opponents across the intervening line. Players pulled entirely across the line are eliminated and drop out. Players of both teams must come to the line and give combat. Anyone failing to do so is automatically eliminated. The contest continues until one team is completely eliminated. The team which eliminates the other is the winner.

Punch Ball (15-30)

Arrange all but one of the group in a single circle, players standing three feet apart, facing in. Appoint the extra player "It" and place him outside of the circle. Give one of the players in the circle standing opposite "It" a ball (medicine, soccer, basket). At signal, the players in the circle pass the ball from one to another, attempting to keep the ball away from "It." "It" runs about the outside of the circle attempting to punch the ball with his fist so it falls to the ground. The ball cannot be thrown across the circle, but must always be passed to the next man either on the left or on the right. Any player (1) dropping the ball, or (2) responsible for "It" punching it so it touches the floor becomes "It." The two exchange positions and the game continues.

Pursuit Vault Race (18-36)

Arrange the group in a circle—players six feet apart, feet spread, and facing in. Divide the circle in half—each half forms a team. Appoint the player to the left of each team as the starter. Have all of the players bow their heads, arch their back and put their hands on their knees. The knees must be kept straight. At signal the starter of each team faces to the right and vaulting all of the players, team mates and opponents alike, runs about the circle. At the starting point he steps forward, tags the team member standing immediately in front of him and takes his own place with back arched in the circle. The player tagged runs forward, vaulting everyone as did his predecessor. Reaching his starting point he tags off the third, etc. This continues until one team has caught and tagged the other or until all have run. The players must treat team mates and opponents alike, interfering with no one. If all of the players run with no one being caught the team finishing first wins.



Push Across Line (16-36) (Girls)

Establish two parallel lines ten feet apart. Divide the group into two teams and place each along opposite lines—the line each stands on is its goal line. At signal, each team rushes forward and attempts to push their opponents over their goal line.

Any player pushed so he touches either foot to or behind his own goal line is eliminated and withdraws. A player may push as many of his opponents over as he can; each player stays in the game until he is eliminated. Two or more players may push against one of the opponents—the second, third and others, however, have to arrange themselves in column behind the first, only the first player can take hold of an opponent. Players are not allowed to pull—pushing only is allowed.

Push Ball (20-60) (Girls)

Establish a rectangular field fifty feet by one hundred feet. Place two teams in lines facing each other behind opposite end lines. Place a ball (medicine, cage, basket, soccer). At signal both teams rush toward the ball and attempt to push it over the opponent's goal line; one point is scored for the team successful in doing this. The ball is put in play at the center of the field after each goal. Rough tactics and kicking the ball are barred. The ball must be kept on the ground and pushed by the hands only. When the ball is pushed over the side lines it is returned by the referee who tosses it into the field of play at the point it went over. Set a time limit of five minutes; the team having the largest score at the end of this period wins.

Rectangle Tag (20-50)

Establish a rectangular playing area forty feet square. Place half of the players on one side of the rectangle and the other half on an adjacent side (not opposite the first group). Appoint one player "It" and place him in the center of the playing area. At signal the players attempt to cross to one of the other sides of the field, each player starting when he chooses. Once a player has entered the playing field he can only leave by a side line other than the one he started from. "It" attempts to tag the players; any player tagged by him becomes "It." Players behind a side line are free from tagging. When all have crossed a signal is given for all to cross again. In this manner the game continues.

Reverse Chase (15-40)

A circular track from forty to sixty yards in length is required for this race. Place the players equi-distance apart about the track. At signal all run forward around the track attempting to catch and tag players in front. Any player tagged is eliminated and gets off the track. Now and then the Instructor calls "To the rear" or blows a whistle on which all of the runners stop, turn around and run in the opposite direction. The Instructor should give this signal to reverse at varying intervals—two seconds, ten seconds or five seconds as he wishes. Giving the signal to reverse at unexpected moments makes the game more interesting. The chase continues until but one player is left;—this player is the winner.

Reverse Rope Pull (16-50)

A stout rope one and one half inches in diameter and sixty feet long is required for this event. Stretch out the rope on a level piece of ground. Mark the center of the rope and the ground over which the center rests. Divide the group into two teams of equal numbers and place them on opposite ends of the rope, facing out. Have both teams pick up the rope and place it over their shoulders, holding the rope with both hands. Set a pulling time of sixty seconds. At signal, each team pulls on the rope, attempting to pull opponents across the center line. Call time at the end of the specified period. The team having the center of the rope on its side of the center line wins.

Rope Push (16-40)

A stout rope one and one half inches in diameter, and fifty feet long is required for this event. Establish a line in the center of the field as long as the rope. Stretch the rope over the line. Divide the group into two teams of equal numbers and place each in line on opposite sides of the rope. Have the players of both teams, using both hands, pick up the rope and hold it waist high over the line. The captains may at their discretion hold some of their players in reserve to throw into the struggle at weak points. At signal, each team attempts to push the rope back into the opponent's territory. Each captain may move his own players about as he wishes. Set a time limit of two minutes; the team holding the larger part of the rope in the enemy's territory at the expiration of this time wins.

Same Side Tag (12-40)

This game can be played only where there is a fence, trench, ditch, narrow creek or some similar well pronounced dividing line. Scatter the group over the playing area. Appoint one player "It." At signal, "It" chases the other players, attempting to catch and tag one. Any player tagged by "It" while "It" is on the same side of the dividing obstacle as the one tagged becomes "It." The new "It" takes up the duties of this office at once and the game continues.

Score Ball (16-30)

Divide the group into two teams of equal numbers. For purposes of identification have one team remove their hats or wear handkerchiefs about their arms. Pair off the opponents. Toss a basket ball up between two players near the center of the playing field. Each team attempts to get the ball and pass it among themselves. Each time a team makes a fair pass one point is scored. Players are not allowed to touch opponents with their hands nor touch the ball when held by them; any player doing so scores one point for the opponents. Players may not run with the ball nor hold it longer than three seconds; any player doing so forfeits the ball to the opponents. It is best to have two scorers, one for each team. A game consists of a hundred points; the team scoring these first wins.

Scramble Ball (15-35)

Arrange the group in a circle in the center of the floor. Toss a small ball (playground, tennis, hand ball or baseball) in the air so it will fall within the circle. All of the players attempt to catch the ball. The player catching the ball scores one point. To be legal the ball must be caught before it hits the floor; upon hitting the floor the ball becomes dead. After the ball is caught or becomes dead it is returned to the Instructor. The circle is reformed and the ball tossed up again. The game continues until one player scores three points; this player is the winner.

Scrimmage Ball (20-60)

Establish a rectangular field one hundred yards by sixty yards. Divide the group into two teams of equal numbers. Arrange the teams in lines parallel with the end lines in the center of the field, players facing in. The line in back of each team is that team's goal line. Start the game by tossing the cage ball into the air, in the center of the field. Each team attempts to bat the ball over the opponent's goal line. The ball must be punched into air, not carried or kicked. If the ball goes out of bounds call time and throw the ball into play at the point it crossed the line. All rough tactics are barred. A ball forced over the goal line counts one point for the successful team. After each point is scored the ball is put in play at the center of the field as in the beginning. Set a time limit of ten minutes. The team with the largest score at the end of this period wins.

Snatch Ball (16-36)

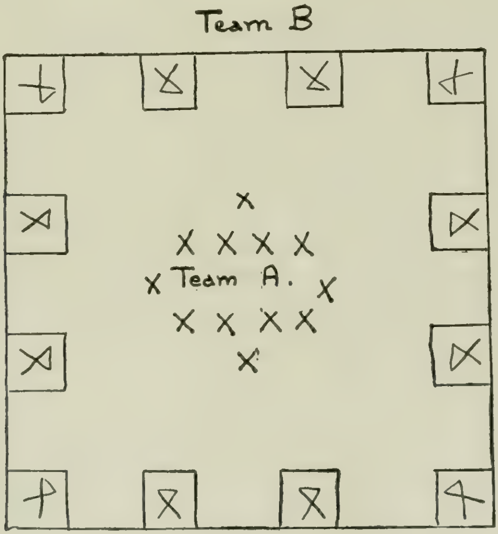
Establish two lines thirty feet long, forty feet apart. Divide the group into two teams of equal numbers and place them behind opposite base lines. Number each team consecutively from left to right. The Instructor, holding a ball (playground, basket, volley), takes position in the center of the playing area. At signal he throws the ball straight up to a height of about twenty feet, so it will fall directly in the center of the playing area. As the ball leaves his hand he calls a number not greater than the numbers held by the players. Immediately after calling the number he steps to one side of the center. The two players bearing this number run forward to get the ball. Either player getting the ball and returning across his base line with it scores one point for his team. The ball must be carried over. If the ball rolls, bounces, or flies over either line it is considered null. After the first players have finished the Instructor recovers the ball and throws it up again, calling a number. This continues until all have run. The team scoring the most points wins.

Somersault Tag (12-40)

This game is played as ordinary tag, except that a player being chased by "It" may exempt himself from tagging by turning a forward roll on the ground. After turning a forward roll a player may sit until he chooses to get up. Once he has arisen, however, he is liable to tagging again until he executes another forward roll.

Square Ball (16-32)

Establish a playing area forty feet square, with small squares four feet square about the inside of the lines marking the boundary —one for each two players taking part in the game. Divide the group into two teams of equal numbers. Place the players of team "A" in the center of the field and the players of team "B" in the squares—one in each. Give team "B" a ball (medicine, basket, playground). Remaining in their places they pass the ball about. Suddenly some player throws the ball at one of the players of team "A." If a player of team "A" is hit the players of team "B" scatter and the players of team "A" recover the ball as soon as possible. When a player recovers the ball he calls "Halt" upon which the players of team "B" stop in their places. The player of team "A" holding the ball then throws it at one of the players of team "B." The players of team "B" may try to evade the ball by ducking, etc., but each must keep both feet on the floor in his original position—failure to so do counts as a hit. The ball is then recovered and returned to team "B." If the players of team "B" fail to hit a player of team "A" the ball is recovered and given to team "B." Each "Hit" scores one point for the throwers—each "miss" scores one point for the team evading. To score a hit the ball must hit a player on the fly or first bounce. Twenty-five points constitute a game. The team scoring these first wins.



Stand Ball (15-40) (Girls)

Establish a playing area sixty feet square. Scatter all but one of the players over the playing area. Appoint the extra player "It" and give him a swatter. At signal, using the open hand, bat a ball (playground, basket, soccer) in the air. "It" attempts to get the ball. The other players, batting the ball with the open hand, attempt to prevent "It" from getting it. The players are not allowed to pick up the ball. "It" may hit any player with the swatter. Any player hit by the swatter is eliminated and withdraws from the field of play. Any player running out of the field of play or batting the ball out is also eliminated. Upon securing the ball "It" calls "Stand Ball" and all of the players immediately stand still with their backs toward "It." "It" throws the ball at some player. If he succeeds in hitting a player that player becomes "It." If he fails, he remains "It." In either case the game continues as before. If the ball goes out of bounds "It" may recover it. Players who have been eliminated rejoin the runners after each throw by "It."

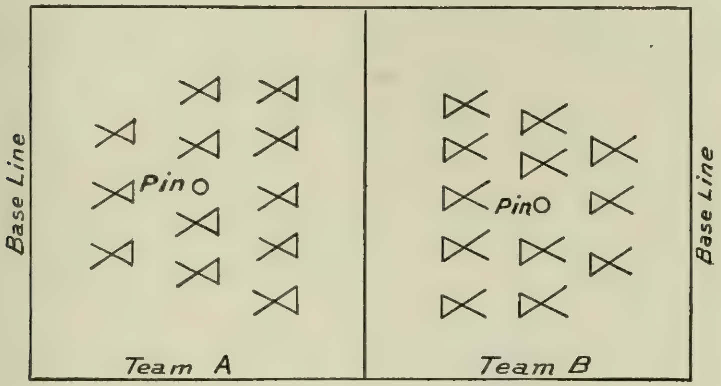
Stationary Elimination Ball (15-35)

Establish a playing area fifty feet square. Scatter the players over the playing area. Appoint one player in the center of the playing area "It" and give him a ball (playground, basket, volley). At signal "It" throws the ball at the other players, attempting to hit one. The other players may move about at will, but "It" must stay in his position. Any player hit by the ball on the fly or first bounce stops at the point where he was hit and becomes an assistant to "It." Whether the throw hits a player or not after the first bounce it becomes dead and is returned to the original "It" (or one of his assistants) by the runners. Upon receiving the ball "It" and his assistants may pass the ball about among themselves as they choose until an opportune moment arrives to eliminate another player. All players hit fairly stand at the point where they were eliminated. In this manner the game continues until all are eliminated. The last player eliminated is the winner.

Steal the Pin (16-30) (Girls)

Establish a rectangular field sixty feet long and forty feet wide —the end lines are base lines. Establish a line parallel to and half way between the two base lines—this is the "dead line." Place an Indian Club in the center of each half of the field. Divide the group into two teams of equal numbers and place them on opposite base lines. Mark the players of one team so the two teams are easily distinguished. At signal the players of each team run forward, each attempting to pick up the Indian Club standing in its opponent's field and return with it across the dead line without being caught. Any player caught and held for three seconds in the opponent's field becomes a prisoner and withdraws from the field. If a player carrying the club is caught he becomes a prisoner and the club is replaced. Any player picking up the club and dropping it becomes a prisoner. Any player running out of bounds also becomes a prisoner.

Prisoners are placed in back of the imprisoning team's base line. The team which succeeds in fetching its opponent's club across the dead line first wins.



Stick Polo (16-36)

Establish a rectangular field eighty feet by fifty feet—the short lines are goal lines. Give each player in the game a stick three feet long. Place two teams in lines facing each other behind opposite goal lines. Place a ball (medicine, basket, indoor soccer) in the center of the field. At signal both teams rush forward and, using the sticks only, attempt to force the ball across the opponent's goal line. Kicking the ball, touching it with the hands or blocking it with the legs is not allowed. When the ball is forced over the side lines, it is returned by the referee who tosses it into the field at the point it went out. Each goal counts one point. After each goal place the ball in the center of the field and start as in the beginning. Set a time limit of ten minutes. The team scoring the most points wins.

Storm the Castle (18-36)

A Swedish Boom, or two or three horses placed end to end, or two sets of parallels with mats over them, or a section of fence twelve feet long—all about chest high is required for this game. This is the "Castle." Divide the group into two teams of equal numbers—one team is the "Attackers" the other the "Defenders." Place the "Attackers" in line twenty feet in front of the "Castle." Place the "Defenders" directly in back of the "Castle." At signal the "Attackers" advance and attempt to get inside the "Castle." "Attackers" must go over and not around or under the "Castle."

Neither must they attempt to move the "Castle" if it is not stationary. "Defenders" try to keep the "Attackers" out. Both teams may use any means they may devise excepting unnecessary roughness such as kicking, striking, etc., to achieve their end. "Attackers" gaining the inside of the "Castle" may aid their comrades. On the other hand "Defenders" may throw successful "Attackers" out again. Set a time limit of three minutes. At the end of this time signal for a halt. Count the number of successful "Attackers." "Attackers" sitting, standing, or in anyway resting on the "Castle" are not counted. Then have the two teams reverse their original positions. At the expiration of the designated time, count the number of successful "Attackers." The team succeeding in getting the greatest number inside wins.

Straddle-Vault Elimination (12-25)

Establish a vaulting buck (or two players bowing their heads and bracing each other to form a buck) in the center of the playing field. Establish a line two feet in front of the buck. At signal the column slowly moves forward, each player in turn, jumping from in front of the line, straddle-vaults the buck. Those players who fail (either step over the line or fail to clear the buck) are eliminated and withdraw to one side. Those who succeed fall in their original positions. When all have made the attempt the line is moved a little further from the buck and those who remain in the column try the new distance. Those who fail withdraw; those who succeed return to their original position. The line is moved after each rotation of the column until all have been eliminated. Each player is allowed but one trial at each distance. The last player forced to withdraw is the champion.

Stunt Ball Catch (12-24)

Arrange the players in a column. Give the first player a ball. Demonstrate the stunt to be performed. The first player tosses the ball in the air, performs the stunt and attempts to catch the ball before it strikes the ground. Each player in his turn makes the attempt. Those who fail are eliminated and withdraw to one side; those who succeed fall in the rear of the column. When all have made the attempt a new stunt is set. Each of the previously successful players, in turn, tosses the ball in the air, performs the stunt and attempts to catch the ball. Those who succeed form in column again; those who fail withdraw. This continues, a new stunt being introduced after each circuit of the column until all have been eliminated. The competition should start with easy stunts and gradually introduce those more difficult. The following list of stunts suggest the type that should be used: (1) complete turn about, (2) forward roll, (3) backward roll, (4) vault horse, (5) crawl under horse, (6) forward circle over horizontal bar, (7) "skin the cat" on bars, rings, etc. Likewise, a combination of two or more might be used.

Swat Down (18-40)

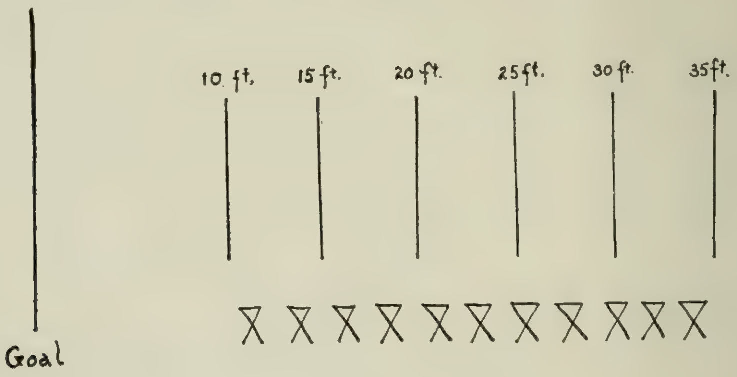
Establish two well-defined areas twenty feet square, ten feet apart. Divide the group into two teams of equal numbers and place them in opposite areas. Appoint one player from each team "It"; give each a swatter and place each in the center of the opposing team's area. At signal the two "Its" attempt to swat the members of the opposing team. Players hit must withdraw from the playing area at once. Any player stepping out of bounds is eliminated as one tagged. The "It" which completely eliminates all of the opposing side first wins and scores one point for his team. Immediately as either "It" eliminates all of his opponents, play ceases and all return to their respective places. Two new "Its" are appointed, given the swatters and stationed in their opponent's areas. At signal the game continues as before. This continues until all have served as "Its." The team scoring the most points wins.

Swatter Snatch (16-32)

Establish two parallel lines fifty feet apart. Divide the group into two teams of equal numbers and place them on opposite lines, players standing at normal intervals, facing in. Number each team consecutively from left to right. Place a swatter in the center of the field. At signal No. 1 of each team runs forward. Each player seeks to snatch the swatter and hit his opponent before his opponent can reach his own starting line. The player who fails to get the swatter seeks to return to his own line without being hit. The player who succeeds in his effort returns to his position. The other player is eliminated and withdraws. At signal the second player of each group runs forward and repeats. This continues until all have run. The winners of each group then start from the right again and each player in his turn runs forward. This continues until one team is completely eliminated; the other team wins.

Target Kick Elimination (12-25) (Girls)

Establish a goal (set up two jump standards, ten feet apart, with a bar adjusted to six feet), or establish marks on a wall ten feet apart and eight feet high. Establish lines ten feet long, ten, fifteen, twenty, twenty-five, thirty, thirty-five, and forty feet from the goal. These are the kicking lines. Arrange the players in line to one side of the kicking lines. Place a soccer football on the ten-foot line. At signal each player in turn steps to the ten-foot line and attempts to kick the ball through the goal. Those who fail are eliminated and withdraw. Each player is allowed but one attempt. Those who succeed fall in their original places. When all have made one trial the ball is removed to the fifteen-foot line and all who remain in line try from this distance; as before those who fail with one trial are eliminated, those who succeed return to the line. In this manner the ball is repeatedly moved back to the next distant line until all but one have been eliminated—this player is the winner.



Team Catch the Cane (16-32)

Arrange the group in a circle fifteen feet in diameter. Divide the group into two teams of equal size and number each off consecutively from left to right. Hold a stick three or four feet long balanced upright on the floor in the center of the circle and call a number (any number not greater than those held by the players) simultaneously releasing the stick. The two players bearing the number called run for the stick. Each attempts to catch it before it falls to the floor and snatch it away so the other player cannot grasp it. Either player catching the stick scores one point for his team. If they both catch it, or if neither one catches it, no score is made. After the attempt the players return to their positions and the stick is again held balanced in the center of the circle and a new number called. This continues until every number has been called. The team having the most points wins.

Team Dud Ball (16-40)

Establish a playing area a hundred feet square. Divide the group into two teams of equal numbers and mark one team so both may be readily distinguished. Scatter the players of both teams over the playing area. Give team "A" a ball (medicine, basket, volley, soccer). At signal, team "A" passes the ball about among themselves until a favorable moment when some one throws it at a player of team "B." If the throw is successful (hits an opponent on the fly) it becomes the property of the team "B." If the throw is unsuccessful one "dud" is scored for them, they recover the ball and try again. This team then recovers the ball and chase the players of team "A." Dropping the ball while passing it about also scores a "dud." The player holding the ball cannot run with it; all of the other players can. Thus, any player (1) running with the ball, (2) stepping out of bounds, (3) dropping the ball, or (4) making an unsuccessful throw at an opponent, scores a "dud" for his team. If the ball goes out of bounds the team to whom it belongs recovers it. This continues until one team scores six "duds"; all of the members of this team must pay a penalty at the hands of the other team.

Team Number Ball (16-36) (Girls)

Establish two base lines sixty feet long, sixty feet apart. Divide the group into two teams of equal numbers; place each along opposite base lines facing the center. Number the players of each team consecutively from left to right. At signal toss a soft ball (playground, tennis, basket, volley) twenty feet into the air so it will drop in the center of the playing area. At the moment of tossing the ball call a number within those held by the players. The two players holding this number run to the center, each attempting to secure the ball. The player who secures the ball throws it at the players of the opposing team. The players on the line may attempt to dodge the ball, but must keep one foot on the line. The player throwing the ball throws from the point at which he secured it. The player who failed to secure the ball, without actually holding the other, tries to interfere as much as possible with his throw. A hit scores one "dud" for the team of which the hit player is a member. If on one is hit nothing is scored. After the throw both players return to their position, the ball is recovered, tossed up again and a new number called. This continues until one team has four "duds"; all of the members of this team must pay a penalty at the hands of the other team.

Team Master of the Ring (16-40)

Establish a circle fifteen feet in diameter. Divide the group into two teams of equal numbers. Mark one team so both are readily distinguished and place both inside of the circle. Have all of the players fold their arms across their breast. At signal each team attempts to push the other team out of the icrcle. Any player touching the floor outside of the circle, unfolding his arms, or falling down so any part of his body other than his feet touches the floor, is eliminated and withdraws from the circle. The contest continues until one team is completely eliminated—the other team wins.

Team Pin Guard (18-36)

Stand two Indian Clubs thirty feet apart. Divide the group into two teams of equal numbers. Place each in a circle around a club. Have each team appoint a "guard"; give each two swatters, one for each hand, and place each beside the opposing team's club. At signal each team attempts to knock over its pin, using only its hands and feet in doing so. The guard attempts to swat any player that comes near him. Any player hit by the swatter is eliminated and withdraws. The team which knocks its club down first scores one point. As soon as either club is knocked over play ceases, the two guards return to their respective teams, eliminated players return to their teams, and two new guards are appointed, taking up their positions beside their opponent's pins at once. The players are not allowed to rush the club en masse but should attempt to knock over the club by strategy. At signal, play recommences. The game continues in this manner until all have acted as guards. The team scoring the most points wins.

Team Poison Stake (15-30)

Arrange the group in a circle—players standing shoulder to shoulder and facing in. Have the group count off—odds form one team, evens another. Place one Indian Club for each player in the center of the circle—clubs standing about two feet apart. Have all of the players place their arms behind the back of their opponents and link hands with team mates stationed to left and right. At signal each team, by pulling, pushing, etc., attempts to make a member of the opposing team knock over a club. Hands must be kept grasped throughout the game. Either team knocking over a club scores one "dud." After each score the game is halted, the club replaced, the players return to their original positions and at signal the game is restarted. The team which scores five "duds" first loses and must all pay a penalty at the hands of the other team.

Team Quoit Catch (16-30) (Girls)

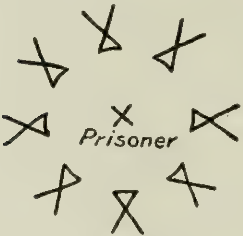
Divide the group into two teams of equal numbers and place them in parallel lines twenty feet apart, players standing at normal intervals, facing in. Give each player a stick three feet long. Give the first player of team "A" a rope quoit. At signal the player with the quoit tosses it to the first player of team "B" directly opposite. This player catches the quoit on his stick, removes it and tosses it to the second player of team "A." This player catches it on his stick and tosses it to the second player of team "B." The game continues in this manner. Any player (1) failing to catch the quoit on his stick, (2) failing to throw the quoit to a height of ten feet, (3) failing to throw the quoit within the reach of the opposing player, (4) failing to throw it so it travels horizontally (that is, it wabbles or turns end over end) is eliminated. Any player eliminated secures the quoit, tosses it to the next player of the opposite team and withdraws. When the last player of a team has caught and tossed the quoit the first player receives it next. The elimination continues until one team is completely withdrawn—the opposite team wins.

Team Scramble Ball (16-32)

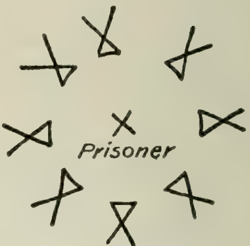
Divide the group into two teams of equal numbers. Mark one team so both teams are readily distinguished. Arrange both teams indiscriminately mixed-up in a bunch in the center of the floor. Toss a small ball (baseball, hand ball, tennis ball, playground ball) up in the air so it will fall within or near the bunch of players. The players attempt to catch the ball before it hits the floor. The player catching the ball before it hits the floor scores one point for his team. If the ball hits the floor it is "dead" and play immediately stops. After the ball has been caught or becomes "dead" it is recovered by the Instructor and thrown up again. This continues until one team scores ten points; this team is the winner.

Tie the Prisoner (16-32)

Divide the group into two teams of equal numbers and place each in a circle; players standing at normal intervals, facing in. Have each team select a "Prisoner." Place the "Prisoner" selected by each team, in the center of the other team's circle. Give each team two pieces of rope six feet long. At signal both teams catch the "Prisoner" in their midst and tie his hands and feet as quickly as possible. The "Prisoner" resists capture and tying with all his skill and strength. Unnecessary rough tactics, such as striking, kicking and butting are forbidden. The team which stands in a circle again with its prisoner bound and lying on the floor in the center first wins.



Team A



Team B

Touch and Run (16-36)

Establish two parallel lines fifty feet apart. Divide the group into two teams of equal numbers and place them on opposite base lines, players standing at normal intervals, facing in. At signal the player on the right of team "A" runs forward. All of the players of team "B" stretch one of their hands forward on the same signal. The runner touches any of the outstretched hands and then races back to his line, attempting to reach it without being tagged by the player struck. The player struck chases the runner, attempting to tag him before he reaches his base line. The player who succeeds in his effort takes the other player as his prisoner and places him behind him on his base line. Then play is reversed. At signal the first player to the right of team "B" runs forward and repeats the efforts of the first runner. This continues, players running alternately from each side and touching any member of the opposing team. Each player keeps his own prisoners behind him. If any player who has prisoners is made a prisoner himself, the prisoners he had are released and return to their original positions. The game continues until all have run forward. The team having the most prisoners at the conclusion is the winner.

Triple Chase (15-36)

Establish a playing area sixty feet square. Have the group count off by threes. Place the first group of three in the playing area, each standing in one corner of the area. At signal No. 1 chases No. 2, No. 2 chases No. 3 and No. 3 chases No. 1; each player attempts to tag the player he is after and at the same time avoid being tagged himself. The player who tags the one he is after first is winner. The second trio take positions in corners and repeat. This continues until all have competed. The winners are again numbered off by threes and each group in turn competes to decide the winner. The game is carried on in this manner until but one player is left—this player is the winner.

Variety Buck Vault (15-30)

Arrange all but one of the group in a column. Appoint the extra player "Buck" and place him twenty feet in front of the column, standing with back to column, feet spread, head down, hands on knees. Demonstrate the style of vault to be used. At signal the column moves forward, each player in his turn vaulting over the "Buck" in the prescribed manner. After vaulting each player returns to his original position. When all have vaulted, set a new style of vaulting and all repeat. Any player failing to execute the vault in the prescribed manner, exchanges places with the "Buck" and the game continues. Following are examples of the various styles of vaults to be used: (1) straddle, (2) heel—hit buck with heel, (3) one hand, (4) knuckles—close fist, (5) head tap—tap head of buck with hand, (6) baste—reverse buck and slap buttock of buck, (7) move buck—shove or pull buck so he is compelled to move one or both feet, (8) half turn—execute a half turn after vaulting.

Wall Dud Ball (15-30) (Girls)

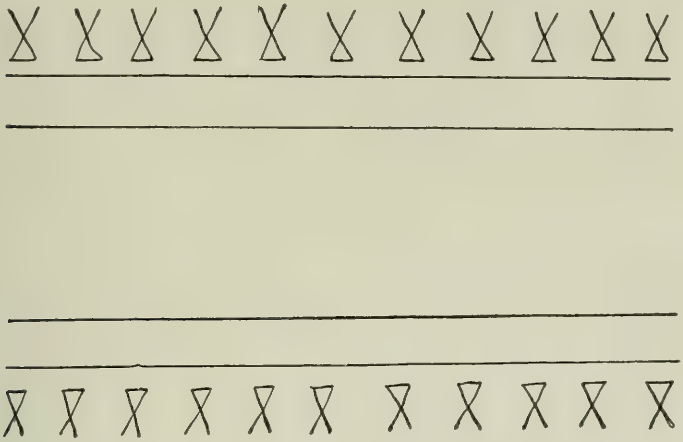
A wall twenty or thirty feet high is required for this game. Establish a line twenty feet from the wall and parallel to it—this is the service line. Assemble all of the players back of the service line. Give one of the players a ball (hand ball, tennis, volley, soccer). At signal, the player with the ball tosses it into the air, calls the name of one of the players and, using his fist or open hand, bats the ball against the wall so it will return as far as possible. All of the players except the one called, run for the wall, putting one hand on the same. The player called runs to recover the ball as quickly as possible. Upon recovering it, he throws it at the players at the wall. If he fails to hit a player (either on the fly, bounce or roll), he receives one "dud." If he succeeds, the player hit receives a "dud." The players may move their hands along the wall, but any player who takes his hand from the wall after once placing it there receives a "dud." After the throw, all return to the service line, the player who received the "dud" recovers the ball and makes the next bat and calls the next number. The game continues until some player has received three "duds"—this player is compelled to pay a penalty.

Wrestle Royal (12-25)

Divide the group into two teams of equal numbers. Place the two teams in separate lines fifteen feet apart, facing each other. Mark one team plainly, so both can be readily distinguished. At signal both teams move forward. The players of each team attempt to throw their opponents so they (opponents) touch the floor with some part of the body other than their feet. Any player touching the floor in this way, from any cause whatsoever (accident, compulsion, or free will) is eliminated and withdraws from the field. Any number of players from one team may wrestle against any number of the opposing team; in other words, two, three, or more, may attack one. A player may throw any number of other players. If a player in going down drags an opponent with him both are eliminated. Once a player is down though he should stop wrestling. The wrestling continues until all of one team have been thrown; the other team is the winner.

Yankee Doodle (20-50)

Establish four parallel lines; two sixty feet apart and two more four feet inside of each of these—the outside lines are base lines, the inside lines are turning lines. Divide the group into two teams of equal numbers; place each in line on opposite base lines—team "A" facing the center, team "B" facing away from the center. At signal team "A" marches forward whistling "Yankee Doodle." As they step on or over the turning line they stop whistling and turn and run for their base line. Team "B" waits in its position until the whistling stops, when they turn and attempt to catch and bring back to their base line as many members of team "A" as possible. The players of team "A" are not allowed to help each other. Players of team "A" touching their base line are safe. Any number of players of team "B" may attack and bring back an opponent. Each team "A" player brought over team "B's" base line scores one point for team "B." After play has been completed the two teams (including the caught players) take their original positions, this time reversed (team "A" facing out and team "B" in). At signal team "B" starts forward, whistling, and the two teams repeat the previous performance. The team capturing the most prisoners wins. (Note: Any well-known tune may be used.)



CHAPTER VIII

GAMES FOR THE COLLEGE

Ball Tag (10-40) (Girls)

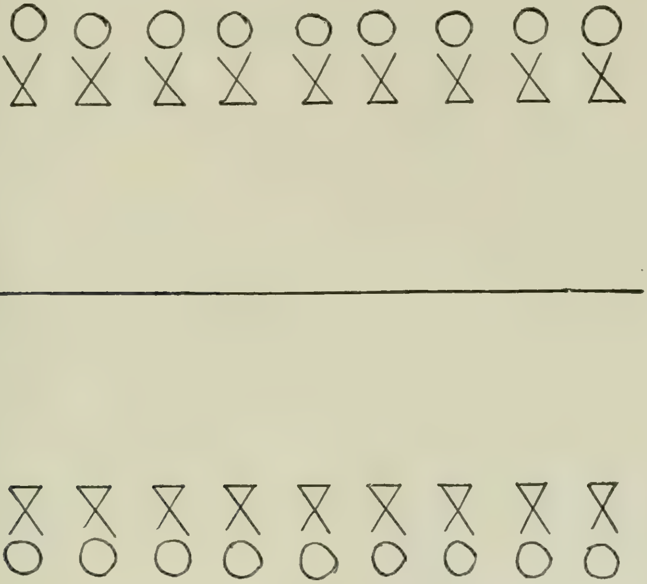
This game is played as ordinary tag, except that "It" carries a soft ball (medicine, basket, volley, playground), which he throws at the runners in an attempt to tag them. Any runner hit by this ball becomes "It." The ball must hit a runner on the fly to constitute a fair tag; a hit by a bouncing or rolling ball is counted null. Throws which fail to hit a player must be recovered by "It." If two or more runners are hit on the same throw, the first one hit becomes "It."

Battle of Legs (16-30)

Arrange two teams facing each other in lines fifteen feet apart. Mark one team so both may be readily distinguished. Have each player stand on one foot and fold his arms on his chest. At signal the members of each team hop toward their opponents and, through the use of the free leg, attempt to upset them. Kicking, unnecessary roughness, and the use of the hands is not allowed. Any player using any of these tactics is eliminated at once. Players upset or forced to place the free foot on the ground are eliminated and withdraw to one side. Each player may eliminate as many of the opponents as he can. Two or more players may attack one opponent. The team which eliminates all of its opponents wins.

Bombardment (16-40) (Girls)

Establish a playing field fifty feet square. Establish a "Dead Line" across the center of the field. Give each player an Indian Club. Divide the group into two teams of equal numbers and place each in line on opposite ends of the field of play. Have each player place his club on the floor and stand in front of it. Give each team two soft balls (basket, medicine, volley). At signal the players with the balls throw them at the clubs of the opposite team attempting to knock them over. The players on each team try to prevent their own clubs from being knocked over. After the balls are thrown they may be recovered and thrown by any player of either side. Players who have their clubs knocked over remove their clubs, but they themselves remain in the play. Clubs accidentally kicked over by the players are also eliminated. In recovering or throwing a ball the players cannot cross the "Dead Line." Balls which go out of bounds may be recovered by any one but can be thrown only from within bounds. The team having all of its clubs knocked over first loses.



Bounce Dodge Ball (15-30) (Girls)

Arrange all but one of the players in a circle thirty feet in diameter, players standing facing in. Appoint the extra player "It" and place him in the center of the circle. Give one of the players in the circle a ball (playground, basket, volley). At signal the player with the ball throws the ball at "It," attempting to hit him after the first bounce. "It" tries to evade the ball. He may run about as much as he wills, but he must remain inside of the circle. If the throw is unsuccessful, another player regains the ball and bounces it at him. All throws must be made from the thrower's position in the circle. The throwing continues until "It" is fairly hit. Hits made while the ball is on the fly or second bounce are null. The player who finally hits "It" exchanges places with him and, at signal, the game continues.

Broncho Tag (16-40)

Divide all but two of the players into groups of two and scatter them about the floor. Each pair is a Broncho; one player is the head and the other, who grasps him about the waist, is the tail. Of the two extra players appoint one "It" and the other "Runner." At signal "It" chases and attempts to tag the runner who attempts to catch on to the tail of one of the Bronchos. The Bronchos by running, twisting and squirming attempt to avoid this. When the runner succeeds in catching a tail the head immediately becomes runner. If a tail loses his hold on a head the tail becomes runner. If "It" succeeds in tagging the runner the two immediately reverse offices. In this way the game continues.

Bucking Broncho (16-30)

Divide the group into two teams of equal numbers. Place one player of team "A" with his arms about a tree or a post. Have all of the other players fall in column behind this player, each leaning forward and grasping the player in front about the waist. This is the "Broncho." Place the players of team "B" in line beside the "Broncho." At signal each member of team "B" leaps astride the back of one of the men making up the "Broncho." The members forming the "Broncho" then endeavor to throw off the "Riders," using every means they can devise except rising up and releasing their holds about each other's waist. Any "Rider," touching any part of his body, foot included, to the ground, is considered off and must remain off. The "Broncho" continues its activities until all of the "Riders" have been dislodged. The time taken to complete this is recorded. The two teams then reverse positions and the time is again taken. The team dislodging the other in the shortest time wins.

Cavalier's Combat (20-60)

Divide the group into two teams of equal numbers. Mark one team so both are readily distinguished. Arrange the teams in two lines ten feet apart; teams facing each other. Have the players within each team pair off—one of each pair to be a "Horse" and the other a "Rider." Have the "Riders" mount the "Horses," each straddling his "Horse's" neck. The "Horses" of each team move forward so the "Riders" can give combat. The "Horses" should hold the legs of the "Riders" firmly. The "Riders," using wrestling tactics, attempt to unsaddle each other or overthrow opposing "Horses" with their "Riders." The "Horses" are not allowed to use their hands on their opponents; they may assist the "Riders," however, by bumping, side stepping, etc. Any "Rider" forced to touch the ground, either by being unsaddled or overthrown with his "Horse," withdraws from the field; his "Horse," of course, goes with him. If the "Riders" of both teams go down together both are out. Two or more "Riders" may attack one opponent. The team overthrowing all of its opponents wins.

Center Ball (21-41) (Girls)

Arrange all but one of the group in a double circle—players standing eight feet apart and facing in. Have the rear player of each pair draw a circle two feet in diameter around his feet. Give the extra player a ball (medicine, basket, soccer); appoint him "Center" and place him in the center of the circle. At signal the "Center" attempts to pass the ball to one of the players of the outside circle. The players of the inside circle attempt to keep the players of the outside circle from getting the ball; they may run about as they wish, but must not step into the circles of the other players. The players of the outside circle must keep one foot in the circle in their efforts to get the ball. When a member of the inside circle gets the ball he immediately passes it to "Center." When a member of the outside circle secures the ball, the player who caught it and the "Center" exchange positions, the two circles of players exchange positions and at signal the game recommences.

Circle Ball Passing (15-30) (Girls)

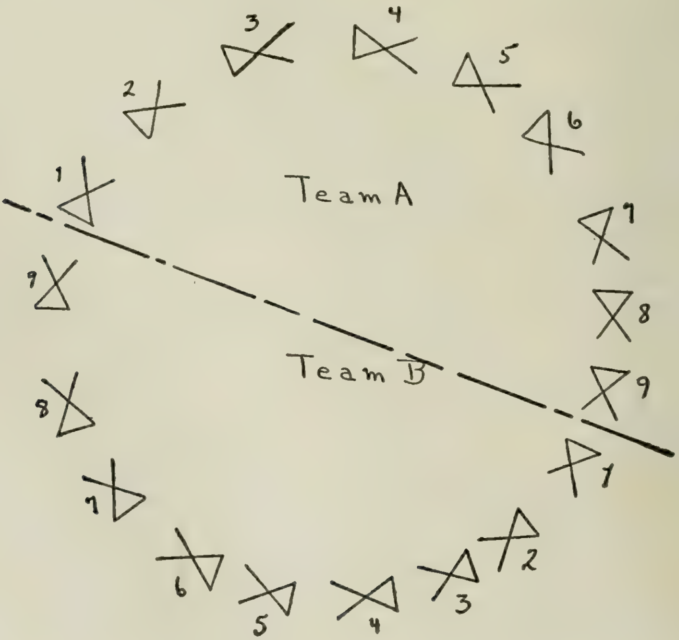
Arrange the players in a circle; players standing six feet apart, facing in. Give one of the players a ball (medicine, basket, soccer). At signal the players pass the ball about the circle. As the ball passes about the circle the Instructor directs the manner in which it should be passed. Following are the principal manners to be used; (1) change—the direction of the ball around the circle is reversed; (2) face out—players all face out; (3) face in—players all face in; (4) over head—ball is passed from above head; (5) under hand—ball is passed from below the waist; (6) push—ball is pushed from the chest with both hands; (7) left hand—ball is caught and thrown with the left hand; (8) right hand—ball is caught and thrown with the right hand; (9) between legs—ball is tossed back between legs. Any player dropping the ball must recover it, return it to the circle and then run once around the circle. Meanwhile the players in the circle pass the ball about as before.

Circle Channel Tag (15-30)

Arrange the group in a circle;—players standing four feet apart and facing to the right. Have the players spread their feet. Appoint one player "It" and place him outside of the circle. Give one of the players in the circle a ball (medicine, basket, soccer). At signal the player with the ball rolls it either forward or backward between the legs of the other players. "It," who must stay outside of the circle, tries to tag the ball. The players in the circle roll the ball either forward or backward, trying to prevent his doing so. If "It" tags the ball the player responsible exchanges places with him and the game continues.

Circle Leap Frog (20-40) (Girls)

Arrange the group in a circle, players standing six feet apart. Divide the circle in half, making two teams of equal numbers. Give



the players of each team consecutive numbers, starting the numbers for each from the right. By this means players with the same numbers stand directly opposite each other. Have all of the players face to the right and spread their feet. Call a number within the limits of the numbers given. All of the players but the two bearing this number immediately lean forward and place their hands on their knees. The two players bearing the number called move forward around the circle straddle-vaulting over all of the other players. The player arriving at his starting position first scores one point for his team. Call another number and two other players repeat, the one finishing first, as before, scores a point for his team. This is continued until all have competed; the team with the larger score wins.

Circle Stride Ball (15-30) (Girls)

Arrange the group in a circle—players standing three feet apart, facing in, with feet spread. Appoint one player "It" and place him in the center of the circle. Give "It" a medicine ball. At signal "It" attempts to throw the ball between the legs of any player in the circle. The players in the circle try to prevent this, but they must keep their feet spread and in position, using only the hands and arms to ward off the ball when it is thrown at them. Any player allowing the ball to go between his legs exchanges places with "It." When this exchange has been completed the game continues. When the ball goes outside of the circle by some means other than through the legs any player may recover it and return it to "It."

Clear the Fort (16-40)

Establish a circle fifteen feet in diameter—this is the "Fort." Divide the group into two teams; mark one team so both teams are readily distinguished, and place both inside of the "Fort." At signal each team attempts to throw the other out of the "Fort." Players touching the line or outside of the line immediately cease all activities and withdraw from the field of play. The game continues until one team is completely eliminated—the other team is the winner. A large mat may be used for the "Fort."

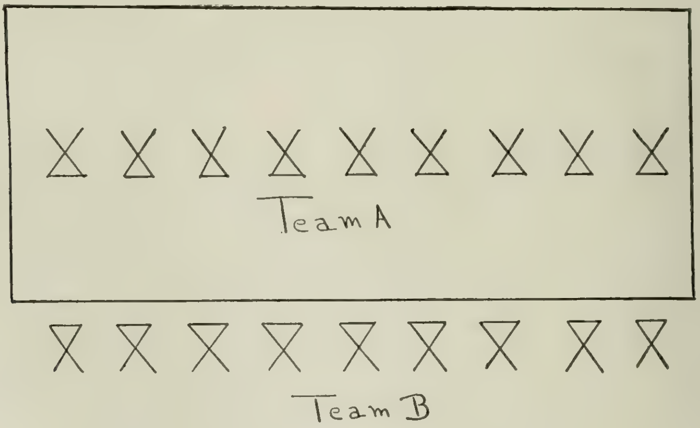
Cowboy Tag (16-40)

Divide the group into pairs; appoint one player of each pair "Horse" and the other "Cowboy." Appoint one "Cowboy" "It." Instruct all "Cowboys" to mount the hips of the "Horses." The

"Horses" should hold the "Cowboys" by the legs firmly. At signal "It" on his "Horse," chases the other "Cowboys," attempting to tag them. Any "Cowboy" touched by "It" becomes "It." Any "Cowboy" who falls off of his "Horse" is liable to be tagged. When a "Cowboy" is tagged the game halts and all of the "Cowboys" except the new "It" exchange places with their "Horses." At signal the new "It" chases the other "Cowboys" and the game continues.

Crossing No Man's Land (16-40)

Establish a rectangular field sixty feet square. Divide the group into two teams of equal numbers. Place team "A" abreast of one of the side lines, facing the center, place team "B" in the center of the playing field, facing team "A." At signal the players of team "A" run for the opposite side of the field. The players of team "B" attempt to prevent them. Any player of team "A" who is forced in any way to touch any part of his body other than his feet to the floor, or runs out of bounds, is eliminated. Each player who succeeds in reaching the opposite side of the field scores one point for his team. After all have crossed or have been eliminated the two teams exchange positions, and, under the same conditions, team "B" attempts to make the crossing. The team securing the larger score wins.



"Do This, Do That" (15-40) (Girls)

Arrange the group in open formation facing the front. Take position directly in front of the group where all can see. Call out loud "Do This" and at the same moment execute some gymnastic exercise. All of the class imitate the movement. Continue the exercises occasionally saying "Do That," in place of "Do This." Those players who execute the movement when the Instructor commands "Do That" are eliminated and sit down in their positions. The elimination continues until all have been seated—the last player eliminated is the winner.

Double Circle Ball (21-41)

Arrange all but one of the group in a double circle—the players in the rear covering the players of the front circle at normal distances—pairs standing four feet apart. Appoint the extra player "It" and place him outside of the circle. Give one of the players of the inner circle a ball (medicine, basket, soccer). At signal the players of the inner circle pass the ball about. Each player upon receiving the ball passes it to another player and immediately changes positions with the player behind. "It" runs about the circle, attempting to secure either of these player's positions before the change is completed. Any player responsible for the ball touching the floor or losing his place to "It" becomes "It"—the two change offices and the game continues.

Double Number Ball (16-40) (Girls)

Establish a playing area forty feet square. Arrange the group in pairs, number the pairs consecutively and assemble all in a group in the center of the playing area. Throw a soft ball (playground, tennis) up in the center of the group and call a number within the limits of the numbers given. The two players holding this number attempt to secure the ball as soon as possible. The other players in the meantime hurry to the limits of the playing area. The player who secures the ball may attempt to hit one of the other players or pass it to his partner who may attempt to hit the other players or pass it back. The partners may pass the ball as often as they want. Either partner may throw at the runner. When a player is in possession of the ball he must stand still; when he is not in possession of it however he may run about as he pleases. When the ball is thrown, a miss scores one "dud" against the throwing pair. After a miss the throwing pair recover the ball and try again. Dropping the ball while passing it and running with the ball also scores a "dud." After a hit the hit player and his partner secure the ball and become the throwers. In this way the game continues until one pair has scored three "duds"; this pair must pay a penalty.

Dribble Ball (15-40)

Establish a playing area sixty feet square. Assemble the players in the center of the area. Toss a soft ball that will bounce (soccer, basket, volley) up in the center of the group and call the name of one of the players. The player called attempts to secure the ball as soon as possible, the other players run away from the ball, but remain inside of the area. As soon as the player called has the ball he may throw it at one of the runners, or he may run after them, dribbling or juggling the ball as he runs. Once he holds the ball a second time he must throw it. Running with the ball or making a second attempt to dribble scores one "dud" against him. If he hits a player fairly (the hit must be made on the fly—a bouncing or rolling ball is dead), that player receives one "dud." If he fails to hit a player fairly one "dud" is scored against him. In either case the player who receives a "dud," secures the ball and, following the same rules, attempts to hit one of the runners. The game continues until one player has four "duds"; he must pay a penalty.

Elbow Tug of War (20-40)

Establish two parallel lines fifty feet long and ten feet apart. Divide the group into two teams of even numbers. Arrange one team in line, parallel to and midway between the two base lines; players standing at intervals of two feet. Place the second team in the intervals in the ranks of the first team and facing in the opposite direction. We now have the two teams standing in a single line with the players alternating, the two teams facing in opposite directions. Instruct all of the players to link elbows. At signal each team attempts to pull its opponents across the base line which lays in front of them (in back of the opponents). The team successful in pulling all of the opposing team across the base line wins.

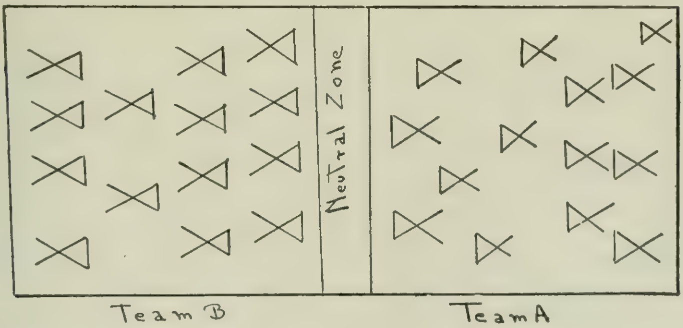
Elimination Pass Ball (15-30)

Arrange the players in a circle; players standing four feet apart, facing in. Give one of the players a ball (medicine, basket, soccer). At signal the ball is passed from one player to the next about the circle. As the ball passes about the circle the Instructor may direct "Change." On this signal the direction of the ball is reversed. Players may pass the ball in any manner they choose and should make their passes as difficult as possible. Any pass which the catcher can touch with both hands is considered a fair pass.

Players who drop the ball must face about—(face out). This continues until all are facing out—the last player forced to face out is the winner. Note: Two or three balls may be used.

Foot Volley Ball (14-28)

Establish a playing field two hundred feet long and a hundred feet wide, draw two lines twenty feet apart across the center of the field parallel to the end lines. The end areas are playing courts, the center area is neutral territory. Divide the group into two teams of equal numbers and place each scattered in opposite courts. Give team "A" a ball (soccer, rugby). At signal a player of team "A" kicks (punts) the ball into team "B's" court. Any player of team "B" catches the ball and kicks it back into team "A's" court. Team "A" catches it and returns it in like manner. Each kick must be made from the point where the ball was caught. Either team (1) failing to catch the ball, (2) kicking it out of bounds, (3) kicking it into neutral territory, (4) or failing to kick it out of their own territory, scores one point for the opposing team. After each score the ball is put in play again from the center of the playing court by the team losing the point. The players take turns in serving, each player serving in his turn. Fifteen points constitute a game; the team scoring these first wins.



Hit Elimination (15-40)

Establish a rectangular field sixty feet square. Arrange the players behind one of the side lines. Appoint one player "It," give him a swatter, and place him in the center of the playing area. At signal the players behind the line run for the opposite line. "It," using the swatter, attempts to hit the runners. When "It" hits a player with the swatter he ceases to be "It" and drops it. The player hit becomes "It," picks up the swatter and attempts to hit another player. Players having been "It" join "It" in the center of the field and aid him by tripping and blocking the other players—they are not allowed to use their arms and hands in holding. Players successful in crossing the field without being hit reform behind the line there. Another signal is given; the players on the line run back across the field and "It" attempts to strike players as before. The game continues in this manner until all have been struck. The last player struck is the winner.

Hook Arm Tag (16-40) (Girls)

Arrange all but two of the group in a single circle facing in. Arrange the players in pairs with a five-foot interval between each pair. Instruct each pair of players to link inside arms, and place the outside hand on the hip. Place the two selected players on opposite sides of the circle; appoint one of them "It," the other one "runner." At signal "It" chases the runner with the object of tagging him. The runner runs about the circle as he wishes and finally hooks on to the extended elbow of one of the players in the circle. The player whose arm is hooked stands fast; the other player now becomes the runner, and "It" takes after him. If "It" tags the runner the two reverse offices and the game continues.

Hop Ball (15-30) (Girls)

Arrange all but one of the players in a circle; players standing three feet apart and facing in. Establish a base 18 inches in diameter in the center of the circle. Appoint the extra player "Hopper" and place him on the base. Give one of the players in the circle a basket ball. At signal the player with the ball throws it at the "Hopper," attempting to hit him below the knees. Whoever recovers the ball repeats the effort. Any player, succeeding in hitting the "Hopper" below the knees, scores one point for himself and exchanges places with him. The players may enter the circle to recover the ball, but all throws must be made from the thrower's position in the circle. A fair hit may be made with the ball traveling on the fly, bounce or roll. The "Hopper" may attempt to leap over the ball, but he must remain on the base. Any player hitting the "Hopper" above the knees scores one "dud" for himself. The game continues until a player has three points, or three "duds"—if the player has three points, he wins, if he has three duds he must pay a penalty.

Hop to the Gap (15-30) (Girls)

Arrange all but one of the group in a circle; players standing four feet apart, facing in. Appoint the extra player "It" and place him outside of the circle. At signal "It" runs about the outside of the circle, touches one of the players on the back and immediately turns, and, hopping on one foot, travels alternately before and behind the players about the circle. The player struck, hopping on one foot, moves in a similar manner about the circle in the opposite direction. The player who reaches the gap first remains there; the other player becomes "It," runs about the circle, touches another player and the game continues.

Hops (15-40)

Establish a rectangular field sixty feet square—two opposite lines are base lines, the other two are the side lines. Arrange all but one of the players behind one of the base lines. Appoint the extra player "It" and place him in the center of the field. At signal the players on the base line lift one foot from the floor and hop for the opposite base line. "It" lifts one foot from the floor, hops and attempts to force the hoppers to place their lifted foot down. Any player dropping his free foot to the floor, either through compulsion, accident or intention, joins "It" in attempting to force other players to drop their free foot. If an "It" puts his lifted foot down he must keep it down and remain out of the play until the next signal for recrossing is given. The "Its" may use their hands on the hoppers in pushing, but not to hold them. When the players have reached the opposite base line they may place their foot down. They reform on the line and at signal hop back to the other base line under the previous conditions—all of the players "It" attempt to over-balance the hoppers. In this manner the players hop back and forth across the field until all have joined "It." The last player forced to put his foot down is the winner.

Horse and Rider Circle Jump (16-32)

Arrange all but one of the group in a double circle twenty feet in diameter—rear rank covering the front rank. Give the extra player a rope about twenty feet long with a weight at one end and place him in the center of the circle. Have the rear rank (the "Riders") mount the hips of the front rank (the "Horses"). At signal the player with the rope starts swinging it around, slowly, close to the ground so that the "Horses" have to jump the rope. The rope is gradually swung faster and faster until some "Horse" fails to clear the rope. On this happening all "Horses" and "Riders" except the one who interfered with the rope exchange positions, and on signal the game recommences. In this manner the game is continued.

Human Tug of War (16-30)

Arrange two teams facing each other in columns of files. Place the players close together; have each put his arms about the waist of the player in front. (Grasping the left wrist with the right, or reverse is the strongest grip.) Establish a center line between the two teams. The leading player of each team grasps his opponent about the shoulders and back. Set a pulling time of thirty seconds. At signal each team starts to pull backward, attempting to pull the other team forward. The team which succeeds in pulling its opponents across the center line at the end of pulling time wins. If either team pulls apart in the struggle the other wins.

Jockey Ball (16-40)

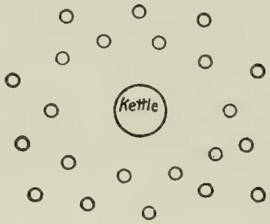
Arrange the group in a double circle facing in. The players of the inside circle stand four feet apart and the members of the outside circle stand directly behind the members of the inside circle. The players of the inside circle are "Horses"; the players of the outside circle are "Jockeys." Have the "Jockeys" mount the hips of the "Horses." Give one of the "Jockeys" a ball (medicine, basket, soccer). At signal the "Jockeys" pass the ball about. The "Horses" are required to hold the "Jockeys" well and are not allowed to interfere in any way with their passing activities. When the "Jockeys" drop the ball they dismount and run. The "Horses" recover the ball as soon as possible. The "Horses" may pass the ball among themselves and throw it at the "Jockeys" when they choose. The "Horse" holding the ball may not run with it; "Horses" who do not have the ball may run about as they choose. As soon as it hits the floor, either through dropping it or throwing it at an opponent, once they have picked it up, the ball is dead. If the "Horses" succeed in hitting a "Jockey," the two groups exchange places; if they fail to hit one the two groups retain their original position and the game goes on as before.

Jumping Circle (15-30) (Girls)

Arrange all but one of the group in a circle twenty feet in diameter players facing in. Place the extra player in the center of the circle; give him a light rope about fifteen feet long with a soft weight (slipper or bean bag) on one end. At signal he swings the rope around close to the ground, so that the players in the circle have to jump it. Players who fail to jump the rope (stop it) are eliminated and withdraw to one side. The elimination continues until all have withdrawn. The rope should be gradually swung faster and faster. The last player eliminated is the "Champion."

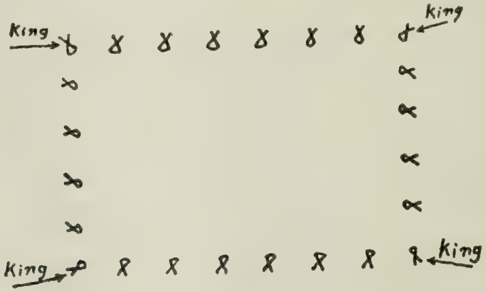
Kettle Drive (12-24)

Establish a spot one foot in diameter—this is the "Kettle." Have all but one of the players establish a "Hole" (a spot four inches in diameter) about the "Kettle." These "Holes" should be about two feet apart and none closer than two feet to the "Kettle." Give each player a stick three feet long. Each player with a "Hole" puts one end of his stick in it. Appoint the extra player "Driver" and give him a ball (playground, soccer, volley). At signal the "Driver" places the ball on the ground outside of the area of the "Holes," and attempts, through hitting the ball with his stick, to drive it so it rolls across the "Kettle." The other players attempt to prevent this through lifting their sticks and batting the ball away. The "Driver" attempts to get his stick in one of the vacated "Holes." If he succeeds the player who is left without a "Hole" becomes "Driver." If the ball rolls across the "Kettle" the "Driver" picks it up and attempts to hit one of the players who, in the meantime, scatter. Any player hit by the ball receives one "dud" and becomes the "Driver." If no one is hit the thrower receives a "dud" and remains the "Driver." In either case the players return to the spots and the "Driver" with the ball starts again. The game continues until some player has three "duds," this player must pay a penalty.



King Ball (24-48) (Girls)

Establish a playing area thirty feet square. Arrange the players equal distances apart about the rectangle—players facing in. Have one player stand on each corner—these corner players are "Kings." Have each player using a stone, a circle, or a hole, mark his position. Indoors chalk may be used. Give one of the players a ball. At signal the player with the ball passes it to one of the players on any of the other sides of the rectangle. The player receiving it passes it to another player on any side but his own. The ball is passed about in this manner—no player passing the ball to any player on his own side of the rectangle. Any player dropping the ball or making a throw that cannot be caught must recover the



ball. While he is recovering the ball the other players on his side of the rectangle move one place to the right. The player recovering the ball then must take the place vacated on the extreme left of his line; from this position he puts the ball in play again. The place of honor is that of "King"—each player seeks to secure and hold it.

One Over (16-40)

Establish two lines sixty feet long, sixty feet apart. Divide the group into two teams of equal numbers. Mark one team so both teams are readily distinguished. Arrange the players of both teams so they stand alternately along one of the lines. At signal all run for the opposite line. Each player tries to avoid being the last man to cross the opposite line. The players may block, trip, buck or push opponents in order to make an opponent last. Holding is not allowed. The last player to cross the line is eliminated and withdraws from the field of play. The players arrange themselves on the line and at signal cross again; each player tries to avoid being last. The last player over is eliminated as before. In this manner the game is continued until one team is completely eliminated—the other team is the winner. The Instructor may vary this by having the players hop across, double jump across, duck waddle across, and so on.

Leap-Frog Tag (15-30)

Arrange all of the group but two in a circle at four-foot intervals, facing in. Have the players lean forward and place their hands on their knees. Of the pair selected, appoint one "It" and the other "Runner"—place them on opposite sides of the circle. At signal "It" chases the runner attempting to tag him. The runner may run or straddle vault over the back of one of the players. Any player over whom he leaps becomes the runner and "It" takes after him; the leaper takes the runner's old position in the circle. If "It" tags the runner the two exchange offices without halting and the game continues.

Link Arm Push

Establish two parallel lines ten feet apart. Divide the group into two teams of equal numbers and place each in line half way between the two lines—the two teams facing each other at a distance of three feet, standing shoulder to shoulder. Have the players of each team link arms and move forward so the two teams stand chest against chest. At signal both teams push, each attempting to push the other over the line directly in back of them. The contest continues until one team is pushed entirely over its line. The team which pushes the other across is the winner.

Man Bowling (12-30)

Arrange the players in a very close circle; each player sitting on the floor, knees stiff, feet together and facing in. Give one of the players a medicine ball. At signal the player holding the ball throws it to another player, trying to bowl him over. The players hurl the ball back and forth across the circle, each player attempting to bowl some other player over. Players compelled to touch their back, or hands to the floor are eliminated and withdraw from the circle. Players are neither allowed to help nor to interfere with each other. As the number in the circle decreases its size should be reduced. The elimination continues until all but one have withdrawn: this player is the winner. Note: Two or three balls may be used in this game.

Mass Soccer (30-60)

A rectangular field one hundred yards long by sixty yards wide is required for this game. Mass Soccer is played as the regular game of Soccer except for slight modifications to meet mass conditions. Divide the group into two teams of equal strength. Place each team in line on the opposite end lines; the line on which each team stands is that team's goal line. Place a ball in the middle of the field. At signal both teams rush toward the ball, reaching it, each attempts to kick it across the opponents' goal line. One point is scored for a team each time the ball crosses the opponents' goal line. After each goal the ball is put in play in the center of the field as in the beginning. The use of the arms against the opposing players, blocking, tripping, and all similar rough tactics, and touching the ball with the hands constitute a foul. Players who make a foul are immediately eliminated from the game. The ball is tossed in the air at the point the foul was made. When the ball crosses the side lines it is returned by the referee or lineman who throws it in at the point it went out. Set a time limit of ten or fifteen minutes for the game; the team having the larger score at the end of this period wins.

Mass Rugby (16-36)

Establish a playing field one hundred feet square; the two end lines are base lines, the other lines are the side lines. Divide the group into two teams of equal numbers. Place the ball in the center of the field. Place the two teams on opposite sides of the ball as in Rugby. Team "A" has the ball first. At signal Team "A" attempts to rush the ball forward across their opponent's goal line. The ball may be passed in any direction or carried. Holding, tackling, blocking, spilling, and similar tactics are not allowed by either team. Any player committing one of these fouls is eliminated from the game. If team "A" allows the ball to touch the ground, or loses it to team "B," or the player holding the ball is tagged, or the ball crosses the side lines it is considered down at that point and goes to team "B." This team, putting the ball in play where they secure it, makes an attempt under the same conditions to put the ball across their opponent's (team "A's") goal line. The two teams thus alternately have possession of the ball. Touching the ground with the ball beyond the opponent's goal line scores a point. After each score the ball is put in play in the center of the field. Five points constitute a game; the team scoring these first wins.

Mass Volley Ball (16-30) (Girls)

Establish a rectangular playing field thirty feet by sixty feet. Place a net eight feet high so it intersects the field, making two courts thirty feet square. Divide the group into teams of equal numbers and place each scattered, on opposite sides of the rope. Give team "A" a ball (cage, volley, soccer). At signal team "A" serves the ball across the net. Team "B" knocks it back; team "A" returns it; thus the ball is batted back and forth across the net. If either team: (1) fails to return the ball fairly, (2) allows it to touch the floor on fair territory, (3) knocks it out of bounds, (4) catches it, or (5) touches the net, one point is scored for the opposing team. After every score the ball is put in play by the team making it. Fifteen points constitute a game; the team securing this number first wins.

Master of the Ring (15-30)

Establish a circle twelve feet in diameter. Place all of the group inside of the circle. Have each player fold his arms across his breast. At signal each player attempts to push the others out of the circle. Any player touching the floor outside of the circle, falling to the floor, or unfolding his arms is eliminated and withdraws from the contest. The elimination continues until but one player remains—this player is the winner. Note: A large mat may be used in place of the circle.

Medicine Ball Soccer (16-32)

Establish a rectangular field sixty feet by forty feet. Divide the group into two teams of equal numbers; mark one team so both may be distinguished. Place the teams on opposite end lines. The line on which each team stands is that team's goal line. Place a medicine ball in the middle of the field. At signal both teams rush toward the ball; reaching it, each attempts to kick it across the opponent's goal line. Kicking the ball across the goal line scores one point for the successful team. The ball is put in play at the center of the field after every goal. Rough tactics and the use of the hands, both on the ball and on opponents, is barred. When the ball is kicked over the side lines it is returned by the referee who tosses it into the field of play at the point it went over. Set a time limit of five or ten minutes; the team having the largest score at the end of this period wins.

Milling the Man (10-15)

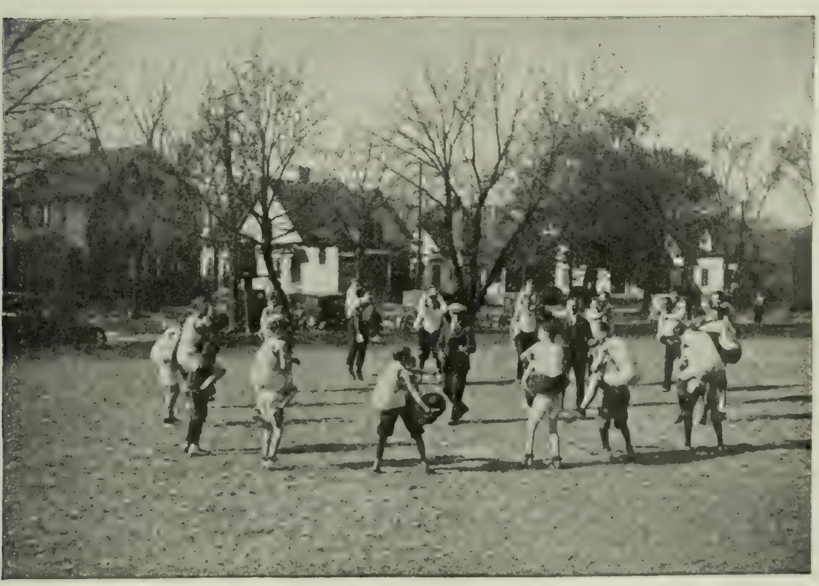
Place the players sitting on the floor on a small circle, facing in. (Have the players sit as close together as possible.) Appoint one player "It" and have him stand in the center of the circle. At signal, "It" holding his arms at his sides, stiffens himself, and falls over keeping his feet in the center of the circle. The body must be kept rigid to get best results. The players in the circle prevent his falling to the floor and push him back and forth about the circle. If he falls to the floor the man responsible becomes "It." The two exchange places and the game continues. This game should be played on a mat.

Mount Tag (12-40)

This game is played as ordinary tag with the following exception: A player is immune to tagging if he is mounted on some other player; a player holding another off of the floor is also free from tagging. More than one player may mount the same man. A player must be wholly off of the ground to exempt himself and the player holding him.

Mount Tag Ball (18-36)

Arrange the players in a double circle; players of the inside circle standing four feet apart. Players of the outside circle cover off the players of the inside circle. The outside circle is team "A," the inside circle is team "B." Select one pair of players and place them in the center of the circle. At signal the players of the outside circle leap astride the hips of the players of the inside circle. Note: The two players in the center do not assume this mounted position. Give the "Riders" a ball (basket, soccer). At signal the "Riders" pass the ball about. The member of team "B" (the "Horse") in the center is "It" and attempts to touch the ball. The member of team "A" (the "Rider") in the center attempts to prevent him touching the ball. He is not allowed to hold the other player, he may only buck and block and generally interfere with him. If team "A" drops the ball the player of this team in the center attempts to recover it and toss it back to his team mates. The "Horses" must hold the "Riders" firmly, and must stay in their places, but may twist and turn in order to make the "Riders" drop the ball. If "It" touches the ball the two teams exchange places, the two players in the center join the circle and the "Rider" who touched the ball last before "It" touched it becomes "It." His "Horse" joins him in the center as interferer.



Number Ball (15-40) (Girls)

Establish a playing area forty feet square. Number the players off consecutively and assemble them in a bunch in the center of the playing area. Give No. 1 a soft ball. At signal No. 1 tosses the ball into the air and calls a number not greater than the number playing. The player whose number was called captures the ball as quickly as possible. The other players run to the limits of the playing field. As soon as he has the ball he calls "Halt." All of the players must stop "Dead." The player with the ball attempts to hit one of the other players with it. The thrower must throw from the point where he recovers the ball. Players must not move on the approach of the ball. A player hit with the ball or moving gets one "dud." Any player stepping outside of the playing area is also given one "dud." After the ball is thrown, the group assembles again in the center of the playing area, the ball is recovered and tossed again; this time by the former thrower who calls another number. The person holding the number called, as before, recovers the ball and throws it at the runners. This continues until some player has three "duds." This player is then required to pay a penalty.

Object Rush (16-36)

Arrange the teams, facing each other, in lines forty feet apart. Place an object such as a tent pole, baseball bat, or a short piece of rope, in the center of the playing field. Set a time limit of one minute. At signal both teams rush to the object, each team trying to get as many hands on the object as possible, and incidentally trying to force the hands of the opposing team off. All rough tactics are barred. At the end of the period call time;—the players must stop struggling instantly. Those who do not stop instantly are automatically eliminated. The teams having the greater number of hands on the object at the end of the playing period wins. A player having two hands on it scores one point for each hand.

Object Tag (12-40)

This game is played as ordinary tag except as follows: Give one of the players (not "It") an object (dumb-bell, ball, etc.) "It" chases the player carrying the object. The object, however, may be passed about among the players. It may not be thrown but must be handed about. Any player who drops or throws the object or is tagged while it is in his possession becomes "It." This game may be varied by using two, three or four objects.

One Leg Rope Pull (16-40)

A stout rope one inch in diameter and sixty feet long is required for this game. Stretch out the rope on a level piece of ground. Mark the ground over which the center of the rope rests. Divide the group into two teams of equal numbers and place them, holding opposite ends of the rope with one hand, both teams facing the center. Have all of the players raise one foot from the ground. At signal each team pulls on the rope, attempting to pull their opponent across the center line. Any player dropping his raised foot to the ground or placing his free hand on the rope is eliminated and withdraws from the rope at once. The pull continues until one end of the rope has been pulled completely across the center line. The team pulling the rope across the center line wins.

Outside Tag Ball (16-32)

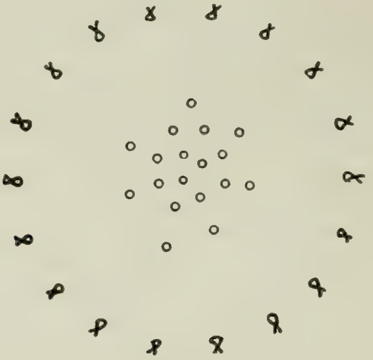
Arrange all but two of the group in a circle—players standing at four-foot intervals facing in. Appoint the two selected "Its" and place them outside of and at opposite sides of the circle. Give the players of the circle a ball (medicine, basket, soccer). At signal the players of the circle pass it about. The two "Its" by running about the outside of the circle endeavor to touch the ball. Either "It" touching the ball exchanges places with the player responsible for his touching it. If the ball falls to the floor the player responsible must recover it; if he has to break his position in the circle to do this, however, one of the "Its" may step into it if he can. If an "It" gets a place in this way the absent player becomes "It." The players who are "It" are not allowed to enter the circle but must confine their activities to the outside.

Partner Tag (16-40) (Girls)

This game is played as ordinary tag except for the following difference: Select two players and have them stand side by side and grasp inside hands; this pair is "It." At signal these two players chase the other players. Any player tagged by either of the "Its" exchanges places with that player. The players who are "It" must retain their grasp to make tagging valid.

Poison Stake (12-30) (Girls)

Have the players get one Indian club apiece. Arrange the players in a circle. Have the players place their clubs in the center of the circle, standing them about two feet apart. Then have the players reform the circle and join hands. At signal each player attempts to drag other players through the group of clubs so they knock one or more of the clubs over. Any player knocking over a club picks up the club and leaves the circle, taking the club with him. The circle reforms and the game continues. This goes on until all but one player has been eliminated; this player is pronounced champion.



Pull-'em-Over (16-40) (Girls)

Establish two lines forty feet apart—these are the base lines. Divide the group into two teams and place them in separate lines, just inside of opposite base lines, facing each other. Mark one team so the two teams may be readily distinguished. Designate team "A" to act as "Pullers." At signal team "A" runs forward and pulls the members of team "B" across their (team "A") base line. Two or more players of team "A" may pull against one member of team "B," but the players of team "B" are not allowed to help each other. The players of team "B" must not withdraw over their own goal line—any player doing so is considered caught. Players of team "B" drawn over the base line become prisoners and must stay there while the captors run out for new prey. The game continues until all of team "B" have been pulled across the line. The time required to make the pull is taken. The two teams then reverse their offices and the game begins anew. Time is taken again. The team completing its pull in the shortest time wins.

Rooster Fight (16-36)

Arrange the teams in lines fifteen feet apart, players standing at normal intervals; teams facing each other. Have each player stand on one foot and grasp the other with one hand. For the purpose of self-protection each player should fold his free arm over his chest. At signal the players of each team hop forward and attempt to upset the players of the opposing team. Players knocked to the ground or forced to release the upheld foot are eliminated; eliminated players must withdraw from the field of action at once. The free hand should not be used against the opponent. The team which eliminates all of its opponents' wins.

Rope Tug of War (16-50)

A stout rope one inch in diameter, and sixty feet long is required for this event. Stretch the rope on a level piece of ground. Mark the center of the rope and the ground over which the center rests. Divide the group into two teams of equal numbers and place them, holding opposite ends of the rope and facing the center. Set a pulling time of thirty or sixty seconds. At signal each team pulls on the rope, attempting to pull their opponents across the center line. Call time at the end of the specified period. The team having the center of the rope on its side of the center line wins. Have the two teams change sides and pull again. The team successful in two out of three pulls wins.

Round Ball (16-32)

Place the group in a circle, players standing three feet apart and facing in. Have the players number off around the circle; the "odds" form one team and the "evens" form the other. Give a ball (medicine, basket, soccer) to a player of each team; these two players should be on opposite sides of the circle. At signal, each team passes its ball to the right; each passing it to members of its own team in their successive positions about the circle. Each team attempts to pass its ball so it catches up to the ball passed by their opponents. Every player on each team must catch and pass the ball in his turn. Any man dropping the ball must regain the same himself and pass it to the next player on his team; the pass may be made from the point of recovery. The team which passes the ball so that it catches up with the opponent's ball wins.

Side Line Ball (20-50)

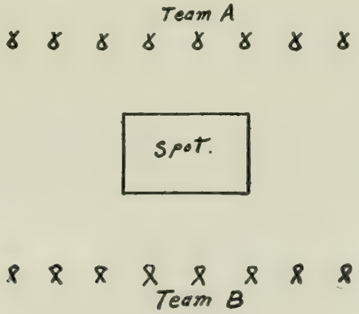
Establish a playing field forty feet square. Place all but four of the players in the playing field. On the selected players place one at each side of the field. Give one of the players standing on the side lines a ball (playground, tennis, basket). At signal the player with the ball throws it at the players in the center, attempting to hit one of them. If the ball fails to hit a player either on the fly, bounce, or roll, the player whose side line is crossed recovers it and throws it at the players, attempting to hit one. The ball must always be thrown from the point where it crosses the side line. Each center player hit by the ball joins the player who hit him and thereafter may throw the ball at the players remaining in the center. When the ball comes to rest in the playing field one of the runners should toss it to the smallest group on the side lines. The game continues until all have been eliminated. The group having the largest number at the conclusion of play is the victor.

Slipper Slap (10-20) (Girls)

Arrange the group in a circle five feet in diameter; crowd the players together as close as possible, two deep if necessary. Have the players put their hands behind them. Appoint a player "It" and place him in the center of the circle. Give one of the players in the circle a swatter. At signal the group forming the circle pass the swatter around behind their backs. Players at their will swat the man in the center without letting him see who does it. The player in the center attempts to locate the swatter and calls or points to the man whom he thinks has it. The player so called must show his hands instantly and, if he has it, he exchanges places with "It." "It" can call on only one player at a time. If the player called does not have the swatter the game continues as before.

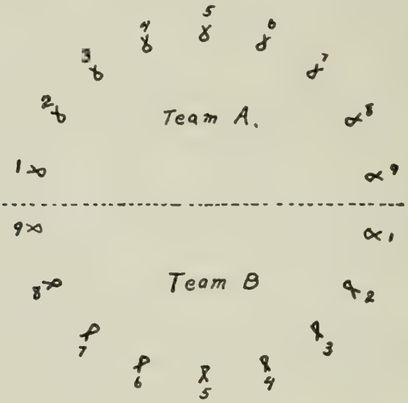
Spot Scramble (16-40)

Establish a space of ground ten feet square with well-defined boundary lines (a mat or a wooden platform may be used). This is the "Spot." Arrange two teams, one of which is distinctly marked, in lines on opposite sides of the "Spot," each team twenty feet from the same. At signal both teams rush forward; the players of each team attempt to get on the "Spot" and at the same time throw the opposing players off. Set a time limit of two minutes. The team having the most men on the "Spot" at the close of this period wins. Players who are over or touching the lines at the time of the signal are considered out. Players who do not cease to struggle at the calling of time are also automatically eliminated.



Stake Snatch (16-30)

Arrange the group in a circle forty feet in diameter. Divide the circle in half. Starting from the left of each half, give each player a number, progressing consecutively to the right; players with the same number will therefore be on opposite sides of the circle. Place a short stake, an Indian Club or some similar object, in the ground, standing on end in the center of the circle. Call a number not greater than the numbers given. The two players having this number run to the stake; here each attempts to snatch the stake and return to his starting position without being touched by his opponent. If either player is successful in returning to his position with the stake without being touched, one point is scored for his team. If tagged by the opponent while carrying the stake, one point is scored for the team of the player who did the tagging. After the first players have run, the stake is replaced and the director calls a new number. This continues until all have competed. The team scoring the greater number of points wins.



Strike and Chase (16-40)

Establish two parallel lines fifty feet long, fifty feet apart. Divide the group into two teams of equal numbers. Place the two teams in line behind the opposite base lines. Appoint team "A" to act as runners, first. At signal each player on team "B" extends one arm over their base line toward team "A"; the players of team "A" advance toward team "B." Each player of team "A," acting independently, strikes the extended hand of one of the opponents, striking whom he wants and when he wants. The players of team "A" should use strategy in striking and not run up and hit the first player they come to. When a player strikes a hand he runs for his base line. The player who was struck chases him, attempting to tag him. All players of team "A" who after striking an opponent's hand return without being tagged score one point for their team. When all have returned, the two teams take their original positions and team

"A's" score is determined. Then the two teams reverse rolls. Team "B's" score is determined. The team scoring the most points wins.

Swat to the Right (15-30)

Arrange all but one of the group in a circle—players standing shoulder to shoulder, facing in. Have the players place their hands behind their backs. Give the extra player a swatter and place him outside of the circle. At signal the player carrying the swatter runs around the outside of the circle and at his discretion places the swatter in the hands of someone. The player receiving it immediately hits the player on his right. The player hit runs to the right around the circle until he is back in his starting position. The player who first carried the swatter drops into the position vacated by the player to whom he passed the swatter. The player with the swatter follows the runner, hitting him with it as often as he can until he is back in position. The player with the swatter then runs on and places the swatter in some other player's hands and drops into that player's position as that player leaves. In this manner the game continues.

Swat Your Neighbor (15-30) (Girls)

Arrange all of the group but one in a circle, players standing at two-foot intervals, facing in. Have the players spread their feet.

Appoint the extra player "It"; give him a swatter and place him on the outside of the circle. Have all of the players in the circle bend forward and place their right hand back between their legs. At signal "It" runs around the outside of the circle and without revealing the act places the swatter in one of the player's hands. The player receiving it turns and swats the player standing either to the left or right. The player hit runs either to the left or right about the circle until he is back in his starting position. The new "It" chases him about the circle, beating him with the swatter. The old "It" drops in the position vacated by the new "It." After the runner has reached his original position the new "It" continues on about the circle and deposits the swatter in a new player's extended hand. In this fashion the game continues.

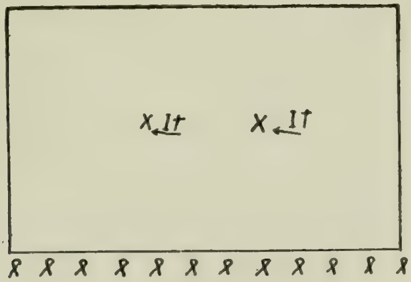
Tag Ball (15-32) (Girls)

Arrange the group in a single circle; players standing three feet apart, facing in. If there are less than sixteen players, appoint one player "It"; if more than sixteen, appoint two players "It." Place the player or players "It" in the center of the circle. Give one of the players in the circle a ball (medicine, basket, soccer). At signal the players in the circle pass the ball about. "It" tries to touch the ball. When "It" touches the ball the player in the circle responsible

for his touching it changes places with him. The ball may be passed in any direction; either across the circle or from man to man around. Where there are two "Its," the "It" who touches the ball exchanges places with the responsible player. As soon as the change has been made the game continues.

Tag Elimination (15-40) (Girls)

Establish a playing field sixty feet by forty feet—the long sides are the base lines, the short sides are the side lines. Place all but two of the group on one of the base lines. Appoint the two extra players "It" and place them in the field between the base lines. At signal the player runs forward and attempts to reach the opposite base line without getting caught. Any player tagged by "It" becomes "It" and takes up the duties of that office at once—the player tagging him sits on the floor at the place where he tagged the other. When all of the players have reached the opposite base line or been tagged, a new signal is given and they attempt to return under the previous conditions. Players sitting in the field of play must not interfere with either runners or "Its." Players stepping over the side lines are eliminated and remain out of the field of play. The players run back and forth in this manner until all have been eliminated—the last player tagged is the winner.



Tandem Relief Race (16-32)

Establish a circular running track about sixty yards long. Pair off the players according to size, each pair represents a team. Have the team draw lots for positions for starting and then line them up across the track, according to the positions drawn. If there are more than eight teams, place half on the opposite side of the track. For instance four teams on one side and four teams on the other. At signal one player of each team the "Rider" mounts the hips of the other player, the "Horse," and the "Horse" runs around the track. After the start the players may exchange place as "Horse" and "Rider" as often as they like. In making a change the new rider must mount at exactly the place the old rider dismounted. The race may be made one lap, two laps, three laps, four laps or more, depending on the distance around the track; two hundred yards represents a good race. The team recrossing the starting line first wins. This contest may be conducted on the heat basis: run four or five teams in a heat and have the winners run in a final heat.

Team Bull in the Ring (24-50) ✓

Divide the group into two teams of equal numbers. Arrange the teams in separate circles, players facing in and holding hands. Place one player of each team in the center of the circle formed by the opposing team. This player is the "Bull." At signal each "Bull" attempts to break out of the circle that encloses him, either by climbing over the hands, crawling under the arms or through the legs or breaking the hands apart. The "Bull" which succeeds in breaking out first is the winner and scores one point for his team. Immediately as either "Bull" breaks out play ceases and both "Bulls" return to their respective circles. Two new "Bulls" are appointed and stationed in the center of their opponent's circle. At signal the game continues as before. A time limit of one minute is set for breaking out; if neither "Bull" breaks out in this time play is halted, no score is made and two new "Bulls" replace the two in the fields. This continues until all of the players have acted as "Bulls." The team scoring the most points wins.

Team Circle Stride Ball (24-50) (Girls)

Divide the group into two teams of equal numbers. Arrange all but one player of each team in a circle—players standing with feet spread so toes of all touch. The players should face in. Appoint the extra player of each team "It" and place him in the center of the opposite team. Give each "It" a ball (medicine, basket, soccer). At signal both "Its" attempt to throw the ball between the legs of some member of the circle. The players in each circle try to prevent this; they must keep their feet spread, but may lean forward and use their hands and arms to ward off the ball. They are not allowed to catch it or bat it about. The "It" who succeeds in forcing the ball through the legs of one of his opponents first scores one point for his team. Immediately, as either "It" is successful, play ceases and both "Its" return to their respective teams. Two new "Its" are appointed and stationed in position. At signal play recommences. This continues until all of the players have been "It." The team scoring the most points wins.

Three Deep (18-36) (Girls)

Arrange all but two of the group in a double circle, facing in; players of the outside circle covering off the players of the inside circle; each pair of players six feet apart. Of the selected players appoint one "It" and the other runner. Place both appointees outside of the circle. At signal, "It" chases the runner. The runner may make himself exempt from tagging by jumping in front of any one of the men in the inside circle. When he does this he transfers his office to the second player behind and "It" must chase him. The runner must keep on the outside of the circle except when jumping in front of the player in the inside circle. When "It" tags the runner, that player and "It" immediately exchange offices and the game continues.

Tower Ball (16-30) (Girls)

Arrange the players in a circle thirty feet in diameter, facing in. Stand an Indian Club in the center of the circle—this is the "Tower." Appoint one player "Guard" and place him in the center of the circle. Give one of the players in the circle a ball (medicine, basket, soccer). At signal the player with the ball throws it at the "Tower," attempting to knock it over. The "Guard" attempts to prevent this. The players in the circle recover the ball after every throw and repeat their efforts; all throws, however, must be made from the circle. Any player causing the "Tower" to fall, either by hitting it directly or forcing the guard to knock it over, becomes "Guard." The old "Guard" takes position in the circle, the new "Guard" sets up the "Tower" and the game continues.

Waist Catch (16-32)

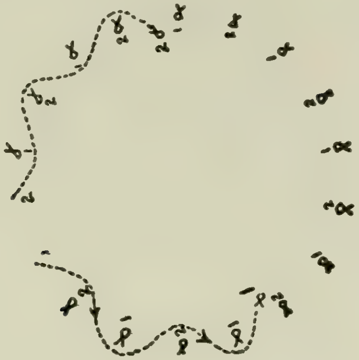
Arrange all but two of the group in a double circle, facing in—the outside circle covering off the inside circle, each pair of players six feet apart. Have the players in the outside circle clasp the players of the inside circle about the waist. Of the two extra players appoint one "It" and the other runner. Place both appointees outside of the circle. At signal, "It" chases the runner, attempting to tag him. The runner may make himslf exempt from tagging by jumping in front of any of the men of the inside circle and having that player clasp him about the waist. When he does this he transfers his office to the rear player who now becomes the runner. The player in the rear may attempt to prevent the player in front from clasping the runner by turning him to one side or the other, hauling him forward or backward, or by any other fair tactics he may devise. When "It" tags the player he is chasing the two exchange offices and the game continues. The players must retain their circle formation.

Wallop the Goat (15-35)

Establish a line thirty feet long, fifty feet in front of a wall—this is the base line. Establish another line five feet from the wall—this is the throwing line. Place all but one of the players between the wall and the base line, facing the throwing line. Appoint the extra player thrower and place him on the throwing line. Give the thrower a ball (playground, tennis, soccer). At signal the thrower hurls the ball at the players in front of the wall. The players may run and dodge at will, but they must stay behind the base line. If the ball fails to hit a player the thrower recovers it and throws again; each throw must be made from behind the throwing line. When a ball hits a player, either before or after it hits the wall that player becomes the "Goat" and must run on his hands and feet from the point where he is hit to the throwing line. The other players beat him on the buttocks with their open hand, as he travels. Reaching the throwing line he becomes safe. The "Goat" then becomes the thrower. The old thrower and the others return to the wall. At signal the thrower starts hurling the ball and the game continues.

Weaver's Race (15-30) (Girls)

Arrange the group in a circle—players standing four feet apart, facing in. Have the group count off by twos—the ones constitute one team, the twos constitute another. Give one player of each team a baton. At signal both run in opposite directions around the circle, going to the rear of the first player, to the front of the second, the rear of the third, etc., weaving in and out until they have reached the starting point. Here each steps forward and hands the baton to the next player of his team. The second player runs around the circle, as did the first, and hands the baton to the third. The players who are standing in the circle should in no way interfere with members of the opposing team. After running, each player returns and stands in his former position. This continues until all have run. The team finishing first wins.



CHAPTER IX

RELAY RACES

Relay races are usually classified with group games, and in view of the general similarity which exists in their organization, conduct and use, it is quite practical to do this; but because of the large number of relays collected and because, after all, a relay race is a distinct type of activity it has been deemed best, in the present work, to classify them separately.

Because of the likeness which exists between the two types of events practically everything that was said regarding the use and conduct of the games is equally applicable here. They have a few features distinctive to themselves, however, which should be pointed out if our material is to be considered complete. These matters are taken up briefly in the following pages. It should be thoroughly understood though that to get a full study of the pedagogy of relays both the chapter on the pedagogy of games and the balance of this chapter should be consulted.

In view of the fact that relay races have almost a universal appeal the present collection has not been classified. Like all recreational activities some are more popular than others, but every relay listed here under fair leadership will provide any average group, excepting perhaps the lower grades, with a lot of fun and a lot of healthful exercise.

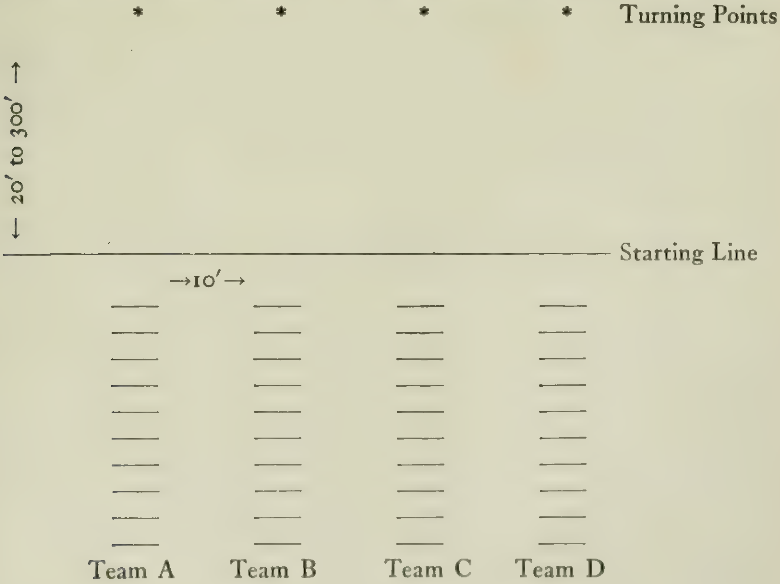
Relay races do not have numerical limitations as does a great number of games. Outside of a lower limit of about eight, which enables us to have two teams of four each, the number that may take part is only limited by the space and equipment available and the skill of the leader. For this reason there is no necessity for inserting numbers to indicate how many can take part.

As with the games, most of the relays can be used with either boys or girls and men or women. Those which are peculiarly fitted for use with girls and women, however, are so marked. When this appears, though, it should not be forgotten that the relay may be also used with boys and men.

Relay races may be arranged under two headings: those which involve only traveling and those which involve other factors. By way of example we have for the first group the crab-walk relay, donkey relay, and hopping relay; and for the second group, pass-and-squat relay, man-lift relay, object-pass relay and skin-the-snake relay. The second group is very miscellaneous in type and must, in most cases, be carried on exactly as outlined. Relays which involve traveling, on the other hand may be carried on in three distinct ways, i.e., the lane method, the shuttle method and the circle method. For the sake of clarity each relay of this type in this work is described according to one of these methods. When using the material, therefore, it should not be forgotten that each of these may be run by any of the other methods. Running a relay by another method, in fact, offers a pleasant variation.

The Lane Method

The lane method consists of putting the teams in parallel columns behind a common line, which is known as the starting line. The columns should be not less than eight feet nor more than twelve feet apart—ten feet is a good distance. A turning point should be established for each team directly to its front; the distance, of course, varying with each race. The race is conducted by having

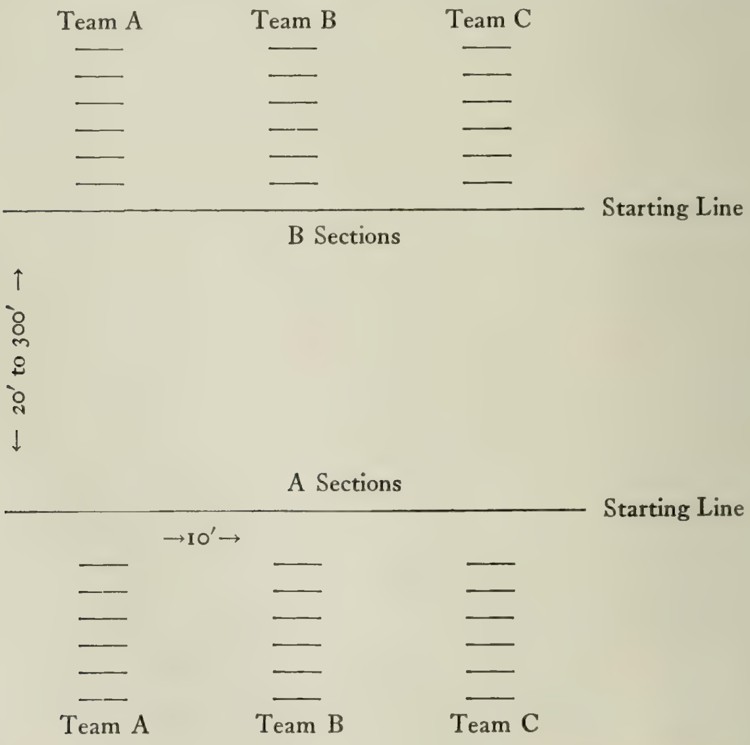


each runner travel from the starting line to or around the turning point and back to the starting line where each touches off the next player. This continues until all have run.

A common line like the starting line, a wall, or an object (one in front of each team) may be used for a turning line. Of these three the object is the best; runners tend to turn short of a line on the floor, and occasionally will stumble into or bump into a wall. Nothing of this sort happens when an object which the players must run around is used. Indian clubs, medicine balls, sticks poked into the ground, chairs, and so on may be used for this purpose. When objects of this sort are used, unless they are permanent fixtures it is best to establish the rule that runners in rounding them are not to touch them.

The Shuttle Method

The shuttle method is in many respects quite like the lane method. In the shuttle method two lines are used. These should

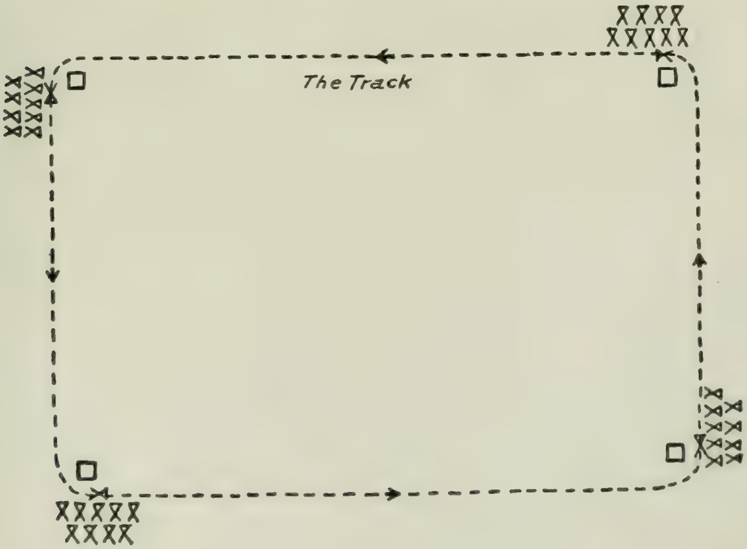


be parallel and the desired distance apart. The halves in separate columns face each other directly in back of each line. Name the halves on one side "A's" and the halves on the other side "B's." The race is run by having the first player of "A" half run to the opposite line where he touches off the first player of the "B" half. This player runs to the opposite line where he touches off the second player of the "A" half. This continues until all have run.

The Circle Method

The circle method is conducted about a circular track. A gymnasium running track is very good for this purpose. When a track of this sort is not available one that serves very well may be readily devised by placing four objects so they form a rectangle of the desired size. The track is considered as being outside of the objects. Medicine balls, chairs, Indian clubs, and such may be used for these corner objects.

This variety of relay may be conducted in two ways; in the first case by having all of the teams use a common starting line, and in the second case by having each team use a separate starting line—these being evenly distributed about the track. The second method is far less confusing and adds the element of the chase (each team is anxious to overtake the team in front) and is thus much preferred. To run the race the first player of each group travels about the



track and at his starting line touches off the next player of his team who runs about and touches off the next. This continues until all have run.

Practical Suggestions

The last player in a relay race should be conspicuously identified. With a large group playing, the players running back and forth across the field or around it, and the players all shouting, it is difficult to tell who the last runners are. This makes the work of selecting the winners difficult. By conspicuously marking the last man on each team this situation is greatly alleviated. A handkerchief about the arm, shirt on or off, hat on or off, conspicuously colored shirt or pants or carrying an object such as an Indian club, dumb bell or stick have all been successfully used for this purpose.

Another practice which is helpful in determining team winners consists of having each player sit on the floor or assume a squatting position upon finishing. When there are only four or five players left standing the winners are quite easily selected. By doing this players are also kept from encroaching on the field of play.

Most relay races are best run with a baton. If a baton is not used it is quite difficult to prevent stealing at the transfer. If a baton is used stealing in this way is not so likely to take place. Handkerchiefs, dumb bells, Indian clubs, stones or short sticks may be used for this purpose.

Most relay races are best run with from eight to twenty players on a team. While more or less may be used, fewer than eight hardly makes mass competition and more than twenty tends to produce confusion. Twelve makes an excellent number.

In relay races which call for the participants to run in groups of two or more, as in the Donkey relay, Chariot relay and Wheelbarrow relay, and the teams each have one or two players left over, have these players run also. It may necessitate some modification in their running, but have them run anyway. Keep everyone actively interested in the competition.

In conducting relay races it is very helpful to appoint a leader for each team. Make each leader responsible for the conduct of his team; he should see that everyone participates and participates fairly. In addition to this duty he should coach and stimulate his team in any way he desires. "Peppy" team leaders are a great asset.

CHAPTER X

COLLECTION OF RELAY RACES

All Fours Relay

Divide the teams in half and arrange the halves in columns facing each other, abreast of two common lines forty feet apart; teams standing in parallel lines about ten feet apart. At signal the first man in the "A" half of each team runs on all fours toward the "B" half, touching off the first player of that group at the line. This player runs on "All fours" toward the "A" half, touching off the second player of this group. This continues until all have run. The team which has its last player cross the opposite line first wins.

Angleworm Relay

Arrange the team in parallel columns of files ten feet apart, abreast of a common line—players standing at normal intervals. Establish a finish line fifty feet forward and parallel with the starting line. Have all of the players sit down with knees bent so the feet are close to the buttocks. Have each player reach back and grasp the ankles of the player in the rear. At signal the players raise their buttocks from the floor and move forward, retaining the grasp on the ankles. The team which completely crosses the finishing line first, providing its column is unbroken, wins. Any team breaking its column is immediately eliminated.

Arch Ball Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart abreast of a common line—players standing so the chest of each touches the back of the player in front. Give the first player of each team a ball (medicine, basket, soccer). Have all of the players raise their hands over head. At signal the first man in each column passes the ball backward over his head to the second player, who passes it on to the third. The ball is passed in this way to the end of the column. The last man of the column catches the ball, runs with it to the head of the column, steps in front of the column and passes it backward as before. The ball must be touched by each player each time it is passed. This continues until all have run. The team which arrives in its original position first win.

Arm Carry Relay

Arrange the teams in parallel columns of files ten feet apart abreast of a common line. Establish a turning point forty feet in front of each team. Have the second player in each column stand sideward immediately in front of the first player and place his near arm about the first player's neck. The first player leans forward and placing one arm under the knees and the other arm under the waist picks up the second player. At signal, the first player in each column, carrying the second player in this manner, runs forward to the turning point. Here the carrier drops the rider to the floor. The first player remains here; the second player runs back to the starting line, picks up the third player as previously outlined and carries him to the turning point. This continues until all have been carried forward—the player who rides down runs back and carries the next player down. The team finishing first wins.

Arm Hang Travel Relay (Girls)

Several Swedish booms, inverted parallels or horizontal ladders are required for this game. Arrange the teams in columns of files so the first player of each team is directly beneath one end of the apparatus to be used. Demonstrate the style of travel to be used (free style, hand over hand, side hang, etc.) Designate the starting point and the finishing point. At signal the first player of each team leaps to the hanging position on the apparatus and travels to the finishing position where he drops off. He runs back to the starting position where he tags off the second player. The second and each succeeding player repeats the performance of the first. The team having the last player return to the starting point first wins. If only one set of inverted parallels or only one horizontal bar is available the relay may be run by two teams by having one work on each side of the bars.

Arm Roll Relay (Girls)

Arrange the teams in parallel lines ten feet apart. Have the players of each team stand shoulder to shoulder with arms raised forward and curved so all of the arms together form a trough. Give the first player of each team a ball (medicine, basket, soccer). At signal the first man in the column rolls the ball in the trough of arms. The other players of the team roll it toward the foot of the line. The last man receives it and carries it to the head of the line and rolls it in the trough toward the foot of the line. After throwing the ball the player takes a position at the head of the line with his arms held forward. Each player carries the ball forward in turn until all have run. The team arriving at its original formation first wins.

Avalanche Relay

Arrange the teams in parallel columns ten feet apart abreast of a common line. Establish a finishing line thirty feet in front of and parallel to the starting line. Place the players of each column at intervals of eight feet. Dress the columns from the side so that the players in each column stand at equal distances. At signal the man at the rear of each column runs forward to the man directly in front, clasps him about the waist with his arms; the two run forward in this manner to the next player who is likewise clasped about the waist; the gradually accumulating body moves forward to the first man in the column and then on to the finishing line. The team which wholly crosses the finishing line first wins.

Back Carry Relay

Arrange the teams in parallel columns ten feet apart abreast of a common line. Establish a turning point fifty feet in front of each column. Have the first two players of each column stand back to back and link elbows. At signal, the leading player leans forward and, lifting the other player who raises his feet, carries him forward to the turning point. Here he halts and lowers the player on his back, without changing their relative positions; that player immediately bends forward, lifting the first player upon his back and runs back to the starting line. At this point one of them tags the second pair who have taken the back-to-back position while the first pair were running. The second pair repeat the performance of the first, touching off the next pair at the starting line. This continues until all have run; the team finishing first wins.

Backward Running Relay (Girls)

Arrange the teams in parallel columns ten feet apart, abreast of a common line. Establish a turning point fifty feet in front of each column. Have the first player of each column turn around so his back is toward the turning point. At signal this player, traveling backward, runs to or around the turning point and back to the starting line. On reaching the starting line he tags the second player, who repeats. This continues until all have run. The team finishing first wins.

Ball Throw Relay (Girls)

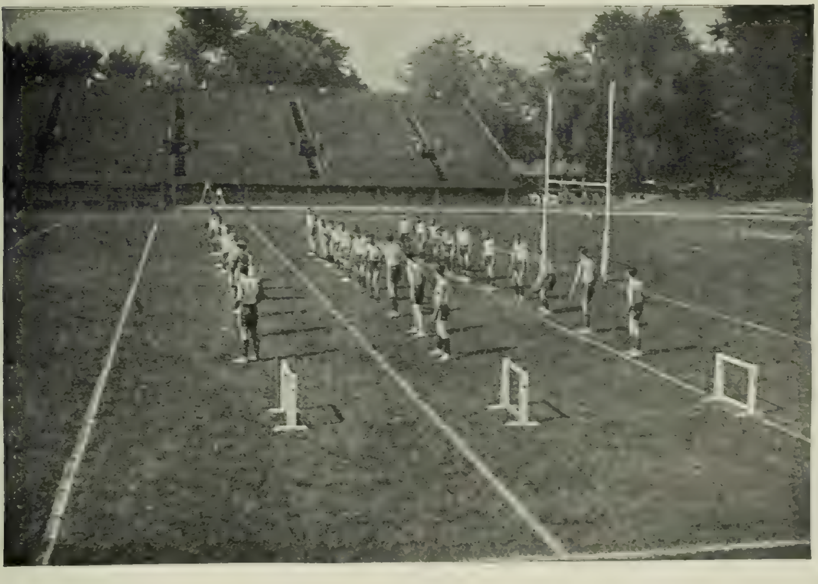
Establish two parallel lines from forty to one hundred feet apart. Divide the group into two teams of equal numbers. Divide the teams in half and arrange each half in column, facing each other from opposite base lines; teams twenty feet apart. Give the first player of the "A" half of each team a ball (baseball, basket, soccer, playground). At signal, the player with the ball throws it to the first player of the "B" half, who receives it and throws it back to the second player of the "A" half, who returns it to the second player of "B" half. The ball is thrown back and forth in this manner, each player catching and throwing it in turn until all have handled it. The last player of "B" half throws it to the first player of "A" half. The ball may only be thrown from in back of the line and caught in back of the line. Any player dropping the ball must recover it himself and throw it. The team placing its ball in its original holder's hands first wins.

Ball Pass and Run Relay (Girls)

Arrange the teams in parallel lines ten feet apart, with the players in each line four feet apart. Establish two distinct turning points, one ten feet to the right of each line, and one ten feet to the left of each line. Give the player at the right end of each team a ball (soccer, medicine, basket). At signal, the player with the ball passes it to the second player, who passes it to the third, and so on down the line to the last player; this player, carrying the ball, runs to the left turning point and then back to the right turning point, running zigzag through the line of players, alternately going behind and in front of each successive player. After touching or rounding the right turning point the runner passes the ball to the first man in the line, and the ball is immediately passed to the end of the line as before. The first runner, after passing the ball, drops in at the right end of the line. This continues, each player carrying the ball forward until all have carried it. As each player drops in at the right of the line the entire line shifts, each player moving one place to the left. Each player running with the ball must touch or round both turning points. The team finishing in its original position first wins.

Ball Pass Relay (Girls)

Arrange the teams in parallel lines ten feet apart, players in each line standing six feet apart. Give the first player of each line a ball (medicine, basket, soccer). At signal the player holding the ball passes it to the second player; this player passes it to the third; the third passes it to the fourth. The ball is passed in this way; each player catching and passing the ball to the next, to the end of the line and back to the starting point. The team which places the ball in its first player's hands first wins. This game may be varied by having the ball go up and back two, three or more times; also by prescribing the method of passing and catching.



Ball Roll Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Place one player with feet spread, forty feet in front of each column. If a wall is available arrange the columns so these players may be placed abreast of it, five feet from the same. If no wall is available place an extra player just beyond the one standing straddle-legged. Draw a line half way between the player standing with feet spread and the column; this is the throwing line. Give the first player of each column a ball (medicine, basket, playground). At signal the first player runs forward to the throwing line; from here he attempts to roll the ball between the legs of the player in front. If he is not successful he recovers the ball and tries again from the same throwing line. The thrower has three trials. Upon making a successful throw or completing his third attempt he returns the ball to the second player in the column, who repeats this performance. The player standing forward with feet spread neither aids nor interferes with the throwers. The only duty of the player beyond the one standing straddle-legged, in case there is one, is to recover the ball and return it to the thrower. This continues until all have competed. The team having its last player recross the starting line with the ball first wins.

Barrel Roll Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each team. Place an empty barrel in front of the first player of each column. At signal, the first player of each team rolls the barrel forward to or around the turning point and back to the starting line, the second player of each team stops it and repeats the performance of the first player. This continues until all have run. The team which has its last player roll the barrel back over the starting line first wins.

Basket Ball Point Relay (Girls)

Arrange the teams in parallel lines ten feet apart—the first player of each team being abreast of a common line which should run parallel to a Basket Ball basket and about twenty feet from it. Have all of the players spread their legs. Give the first player of each team a basket ball. At signal, the player with the ball rolls the ball back between the spread legs of his team mates. The last player catches the ball, runs forward, and tries to put the ball through the basket. Succeeding or failing he recovers the ball, runs with it to the head of his column, and rolls it back between the legs of his team mates. This continues until all have made a try at the basket. Each successful throw counts one point for the team. The team which finishes first scores one point. The team making the most points wins.

Basket Shooting Relay (Girls)

A basket ball goal is required for this game. Arrange the teams in parallel columns ten feet apart, abreast of a common line; this line is drawn parallel to and twenty feet from a basket ball goal. Establish a turning point ten feet in back of each team. Have the players spread their feet. Give the first man in each column a ball (basket, volley, soccer). At signal he rolls the ball back between his legs and the legs of his team mates. The other players of the team, if necessary, assist in rolling the ball back. The last man in the column picks up the ball, runs back to or around the turning point, then runs forward and shoots the basket in front. Each runner has five trials at shooting the basket. Upon making a basket, or at the end of the fifth trial, he returns with the ball to the front of the column and rolls it backward between the spread legs. The last player in the column picks up the ball and repeats the efforts of his predecessor. Each player, upon returning with the ball to the front of the column and throwing it back, drops in at the front of the column. This continues until all have run forward. The team completing its task first wins.

Blind Man Relay (Girls)

Arrange the teams in single columns of files, ten feet apart, abreast of a common line. Place a stone or a ball (medicine, soccer, basket) directly in front of each team on the starting line and another forty feet in front of each team. Divide the players of each team into pairs. Give the first pair of each team a towel. At signal, the player with the towel wraps it about his partner's eyes, tying it behind his head. As soon as the blind is adjusted both players run forward—the player with eyes unbound directing his partner to the opposite stone, which he must touch. All directing should be by word of mouth and not by bodily contact. As soon as he has touched the stone the towel is removed and wrapped about the eyes of the other player who is then directed back to the stone at the starting line. After the stone has been touched the towel is taken off and passed to the second pair who repeat the performance of the first pair. Touches may be made with either hand or foot. This continues until all have run. The team which has its last pair touch the stone at the starting line first wins.

Bounce and Pass Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line, players in each column four feet apart. Give the first player in each column a ball (medicine, basket, soccer). At signal, the player with the ball bounces it on the floor, and throws it back over his head to the second player. The second player catches the ball, bounces it on the floor, and throws it back over his head to the third player. The third player and all players behind him repeat. The last player, upon receiving the ball, runs forward to the front of the column, steps four feet in front of the leading player, bounces the ball on the floor, and passes it back over his head. This continues until all have run forward; the team finishing in its original position first wins.

Bounce Between Legs Relay

Arrange the teams in parallel columns of files ten feet apart, players standing four feet apart with feet spread. Give the first of each team a ball (basket, soccer, volley). At signal, the player with the ball bounces it backward between his legs so the second player can catch it. The second player catches it and bounces it back between his legs to the third player. In this way the ball is bounced back to the last player. When the last player has it, all of the players turn around and bounce it, in the same way, back to the first player. Any player dropping the ball must recover it, return to his position in the column, and pass it in the required manner to the next player. The team returning the ball to the head of its column first wins. The game may be varied by having the ball make two, three, or four trips.

Bounding the Waves Relay

Arrange the teams in double columns ten feet apart, abreast of a common line. Have the players of each team face inward and grasp hands with their team mates, thus forming a trough of hands. The players should stand shoulder to shoulder. At signal the first players of each column release hands; one of these players jumps into the trough of hands. Here he lies stiffly on his back, arms by his sides, and head up the trough. He is passed up to the other end of the trough where the last two players help him alight. He immediately runs around to the head of the lines, touches the next player (the man who formerly held hands with him), and then returns to the foot, where he takes position. The second man jumps into the trough as soon as he is touched. He is passed to the foot, placed on the ground, and continues as the first man did. After touching the third man at the front, he returns to the foot, where he joins hands with his former partner. This continues until all have gone through the trough. The team which finishes with its players in their original position first wins.

Brick Walk Relay

Divide the teams in half and arrange the halves in columns facing each other, abreast of two common lines, twenty feet apart. Place two bricks, or flat boards as large as bricks, on the line in front of the "A" half of each team. At signal, the first player of the "A" half of each team steps on the two bricks. Bending forward he stands on one brick, grasps the other and places it forward, steps onto it, grasps the other, places it forward, steps onto it, etc., continues to the opposite line. When he has placed both bricks on the opposite line he steps off them; the first player of the "B" half steps onto them in the same manner and proceeds to "A's" line. Here the second player of the "A" half steps onto them and proceeds across. This continues until all have run. The team which has its last player cross the opposite line first wins.

Cap Pass Relay ✓

Arrange the teams in parallel lines ten feet apart, players standing four feet apart. Give all of the players of each team a stick three feet long. Instruct all of the players to grasp the stick at one end and hold it upright. Give the first player of each team a cap. At signal, the player with the cap places it on top of his stick. He then transfers the cap to the second player's stick. The second player transfers it to the third and so on the cap is passed to the last player in the line. All transfers must be made without the use of the hands. If the cap falls to the floor it must be picked up with the stick, without the use of the hands. The team placing its cap on the stick of the last player first wins.

Cap Transfer Relay

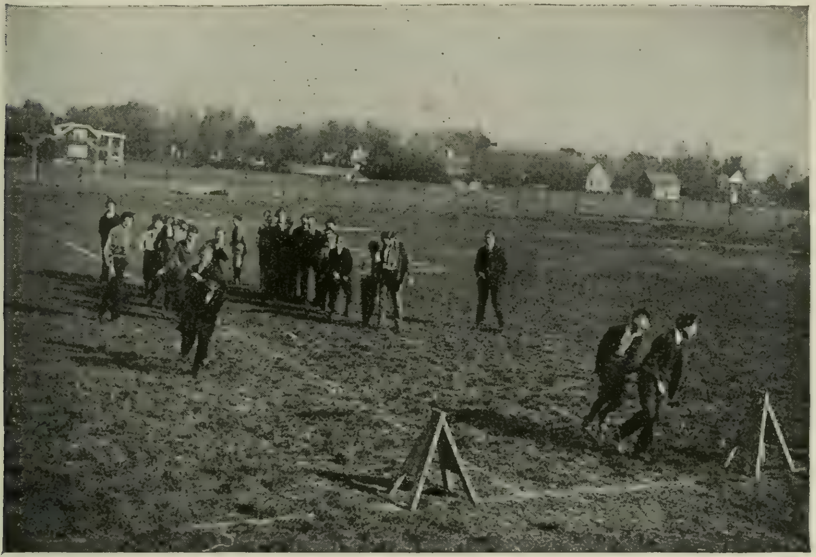
Arrange the teams in parallel columns ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each team. Give all of the players of each team a stick three feet long. Place one player from each team at the turning point in front. Give the first player of each team a cap; have each place the cap on his stick and hold it upright. At signal, the player with the cap on his stick, runs forward to the turning point. He transfers the cap to the stick of the player stationed there and remains there. The player who receives the cap runs back to the starting line and transfers the cap to the stick of the second player. The second player runs forward to the turning point and transfers it to the stick of the player there. All transfers should be made without the aid of the hands. If the cap falls off a stick it must be picked up with the stick, without the use of the hands. This continues until all have competed. The team finishing in its original position first wins.

Caterpillar Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each team. Give the first two players of each team a stick six feet long. Have the first two players of each team face each other and get astride of the stick, holding the same with both hands, one hand in front and the other hand in back. At signal, the pair with the stick run to the turning point, one traveling forward and the other backward. On reaching the turning point they stop, and without turning, run back to the starting line—they are now running reversed. On reaching the starting line they drop the stick. The second pair pick it up, adjust it between their legs, and proceed as the first. The third pair follows and so forth. This continues until all have run. The team which has its last pair of players recross the starting line first wins.

Centipede Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. Give the first two men of each team a stick and have them place it between their legs, holding the same with one hand. At signal, the pair holding the stick run forward to, or around the turning point and return to the starting line, where they drop the stick. The next two men pick up the stick, adjust it in the same way, and proceed. This continues, each successive pair of players running together until all have run. The team which has its last pair recross the starting line first wins. This race may be varied by having a larger number of men carry the stick.



Chain Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. The players compete in pairs. Have the rear player of the first pair reach down and take hold of the ankles of the man in front (the leading man puts his hands on the ground). At signal, this pair, keeping this position, runs forward to, or around the turning point. Here they halt and exchange positions and then return to the starting line. At the starting line the leader touches off the first player of the next pair who have taken the traveling position at the starting line as the first pair did. Successive groups repeat until all have run. The team having its last pair return across the starting line first wins.

Chariot Relay

Arrange the teams in parallel columns of fours; teams abreast of a common line, ten feet apart. Establish a turning point eighty feet in front of each team. Give the first group of four players, of each team, a stick six feet long. Have these players, using both hands, hold the stick across the front of their chests. At signal, the quartette with the stick runs forward to, or around the turning point and returns to the starting line. At the starting line the first group pass the stick to the second group who repeat the run. This continues until all have run. The team which has its last group recross the starting line first wins. This race may also be carried on by having each set of players link arms, hold hands or place the arms about the shoulders.

Circle Gap Relay

Establish a circle fifteen feet in diameter. Arrange the teams in columns at regular intervals about the circle—each column starting at the circle and projecting outward—players facing in. Give the first player of each team a baton. At signal the first player of each team runs to the right around the circle. Arriving at his starting position, he hands the baton to the second player who continues about the circle. Each runner, upon finishing, takes up his original position. All runners, after the first, run through the gaps, created by the others who are running. Players standing still must not interfere with the runners. Any player who is tagged by the player behind is eliminated, thereby also eliminating his team. Players who are tagged withdraw from the circle. The other players run through his position until the relay is finished. The race continues until all have run. The team finishing first or remaining in the race after all of the others have been eliminated, wins.

Crab Walk Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point fifty feet in front of each team. Have the first player in each column sit on the ground, feet in front, hands in back. At signal, he raises his body from the ground and, traveling in this position, walks forward to or around the turning point and returns to the starting line. As soon as the first player leaves the starting line the second player takes the same position and starts forward, following the track of the first. The other players follow in succession. They must follow in a column. The team which has its last player recross the starting line first wins.

Crawl and Run Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line, players standing at normal intervals with feet spread. At signal, the last player in each column drops onto his hands and knees and crawls forward between the legs of the other players in the column. On arriving at the front of the column he rises and runs to the rear of the column, where he touches the next player. He then falls in his regular position. The player touched drops on his hands and feet and crawls forward between the legs of those in front, rises and runs around to the last player, drops down and crawls under his legs and rises and touches the next player, then falls in his regular position. The race continues in this manner, each player in turn crawling through the legs of the players in front, running to the rear of the column, and crawling forward to his starting position until all have run. The team finishing first wins.

Crawl and Vault Relay (Girls)

Arrange the teams in closed columns ten feet apart and abreast of a common line. Place four players in front of each column, standing six feet apart. Have the first spread his feet and bend forward, placing his hands on his knees; have the second player spread his feet; the third stand like the first; and the fourth like the second. At signal, the column moves forward; each player in his turn vaults over the first man, crawls between the legs of the second, vaults over the third, and crawls between the legs of the fourth. Completing this, each turns to the right and runs to the rear of the column and forward to its original position. Each player should keep his position in the column throughout the relay and not run ahead of slow players in front. The team finishing in its original place first wins.

Crooked Man Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point ten feet in front of each team. At signal, the first player of each team travels forward to the turning line, advancing in the following manner: Rock forward onto the left toe and step the right foot across in back of the left; rock forward onto the right toe and step the left foot across in back of the right: and so on, attempting to advance two or three inches each step. At the turning point the contestant turns and runs back to the starting line, touching off the second player. The second player and the others repeat this performance until all have competed. The team finishing first wins.

Crawl Through Legs Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. At signal, the first player steps forward and spreads his feet. Immediately the second player crawls through the first player's legs and rises close in front of him with feet spread. The third player in the column crawls through the legs of the first two, coming up in front of the second player. The others follow in succession. As the players come up from between the legs and stand in closed columns each holds the player in front about the waist. The team which has its last player standing in front first wins.

Dead Man Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line, players standing with feet spread. Establish a turning point thirty feet in front of each column. Place a player on the turning point in front of each column. Have this player lie face down, body stiff, head toward the column. At signal, the first player of each team runs forward to the turning point, places his hands under the shoulders of the player lying there, and lifts him to the standing position. The lifter immediately lies down in the place vacated by the player he lifted. The player lifted runs back to the rear of his column. As the runner passes the column each player puts his right hand back between his legs. The runner tags the right hand of the last player. The last player tags the player in front of him; this player tags the player in front, etc., until the first player is tagged. This player runs forward and repeats the performance of the first player. All tagging should be by the right hand on the right hand. This continues until all have run forward. The team arriving in its original position first wins.

Dizzy Walk Relay

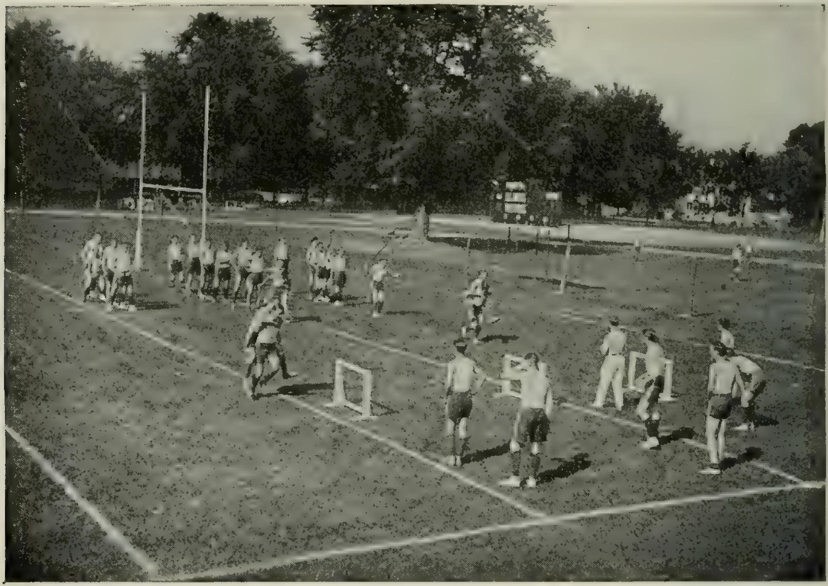
Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. Give the first player in each column a short stick three feet long. At signal, this player puts his hands on top of the stick, places his head on his hands, and runs around the stick four times and then, dropping the stick, walks toward the turning point. At the turning point he executes a backward roll and then runs back to the starting line, where he picks up the stick and hands it to the second player who repeats. The third, fourth and others repeat until all have completed the course. The team which has its last player recross the starting line first wins.

Double Hopping Relay (Girls)

Arrange the teams in parallel columns of twos, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. Have each player place his inside arm about the shoulders of his partner. At signal, the first pair in each column, retaining the arms about the shoulders, and hopping on the outside foot, hops forward to or around the turning point and back to the starting line. At the starting line one of the first pair touches a member of the second pair, who immediately repeat the performance of the first pair. This continues until all have run. The team finishing first wins.

Donkey Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point fifty feet in front of each team. At signal the second player in each column leaps on the first player's back. The first player, carrying the second in this manner, runs forward to the turning point, where he drops his burden. Number one (the first player) remains behind the turning point. Number two (the second player) runs back and carries number three up to the turning point and drops him. Number three returns for number four. This continues until all have been carried forward. The team which has its last player reach the turning point first wins. Note: The player who rides down runs back and carries the next player down.



Double Jumping Relay

Establish a small circular track fifty yards in circumference. Place the teams competing in the race at regular intervals about the track. Give the first player of each team a belt. At signal, the player with the belt wraps it about his ankles, tying his two feet tightly together, and then starts jumping about the track. After making a circuit of the track, the jumper unwraps the belt, passes it to the next member of his team, who repeats. He passes it to the next, and so forth. This continues until all have competed. The team finishing first wins.

Double Roll Relay

This relay should be executed on mats or on grass. Arrange the players in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point thirty feet in front of each column. Have the first player of each team lie on his back (feet toward the turning point) and raise his legs vertically. Have the second player stand one foot on each side of the first player's head and grasp the ankles of the first player. The first player likewise grasps the ankles of the second. At signal, the players maintaining their grasp, roll forward, each executing forward rolls over and under the other. When they have crossed the turning point, both release their grasp; number one remains behind the turning point; number two runs to the starting line, lies on his back as number one did; number three links up with him; and both roll forward. At the turning line, they disengage as before, number two remains and number three runs back for number four. This continues until all have reached the turning line. The team having all of its players across the turning point first wins.

Double Rope Skip Relay

Arrange the teams in parallel columns of twos, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. Give the first pair of players in each column a rope ten feet long. Each player holds one end of the rope in his outside hand and links his inside elbow with his partner. At signal, the first pair runs forward to or around the turning point and returns to the starting line, skipping the rope all of the way. At the starting line, they pass the rope to the second pair, who repeat the performance. In any case where skipping is halted the player must halt their forward progress until skipping has been resumed. In other words there must be no progress without skipping. Each pair runs in turn until all have run. The team having its last pair recross the starting line first wins.

Down and Up Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Place the players in each column three feet apart. Have all the players on each team spread their legs and lean forward. At signal, the first player in the column passes an object back between his legs to the next player, who passes it on in the same way. When the last player in the column gets the object he shouts "Down." On this command the other players of the team crouch to the ground. The last player, with legs astraddle, runs forward over the other men, who have huddled close to the ground.

When he reaches the front of the column all rise and the object is passed back between the legs as before. The last player carries it forward as before. Upon arriving at the front of the column each player takes up position there. This continues until all have run forward. The team returning to its original position first wins.

Dribble Ball Relay (Girls)

Arrange the teams in parallel lines; teams ten feet; players on each team six feet apart. Give the first player of each team a ball that will bounce (basket, soccer, volley). At signal, the first player turns around once and bounces it to the second. The ball should be thrown so that one bounce will put it into the hands of the next player. The second player, after receiving the ball, turns around once and bounces it to the third. The ball is in this way bounced to the end of the line and back to the starting point. The team returning the ball to its first player first wins.

Dumb Bell Push Relay

Arrange the teams in parallel columns ten feet apart, abreast of a common line. Place a dumb bell on the ground before the first player of each column. Give the first player in each column a short stick. At signal, this player, using only the stick, pushes the dumb bell forward to or around a given point and returns. As the bell recrosses the starting line the first player passes the stick to the second player, who makes the run and passes it to the third; and so on, until all have run. The bell must be pushed and not flung; any player who fails to comply with this rule defaults his team. The team which has its last player recross the starting line first wins.

Elbow Swing Relay

Arrange the teams in parallel columns, ten feet apart, abreast of a common line. Have the players in each column stand at intervals of eight or ten feet. Establish a starting line ten feet in front of each column and a finishing line ten feet in back of each column. Place a player from each team on the starting line, each directly in front of his column. At signal, he runs to the first man in his column; the two players link right elbows, circle about once and release. The player who started falls in the first player's position. The first player links elbows with the second. Both swing around once and release. The first player falls in the second player's position and the second hooks arms with the third. This continues until all have circled around. The last player runs to the finish line. The team finishing first wins.

Elephant Walk Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each team. At signal, the first player of each team stands on his hands and feet on the floor and, with elbows and knees rigid, runs forward to or around the turning point and back to the starting line. Here he touches off the second player who repeats. This continues until all have run. The team finishing first wins.

Engine and Tender Relay (Girls)

Arrange the teams in columns, ten feet apart, abreast of a common line. Give the second player of each column a flat object, such as a book, slipper or a block of wood. At signal, the second player places the object on the first player's head. As soon as the object is placed there, the first player (the "Engine"), followed by the second (the "Tender"), runs to the right around the rear of the column and back to his position. Here the third player removes the object and places it on the second player's head. The second player runs forward around the first player, back around the last, and returns to his position, where number four removes the object, puts it on the head of number three, etc. The "Engine" must never touch the object with his hands. If the block drops off the head of any runner he must stop at the point where it falls and wait until the "Tender" puts it back; the "Tender" is not allowed to touch it until it hits the floor. The players of each column must remain at normal intervals. The team finishing first wins.

Feet and Club Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart and abreast of a common line. Place an Indian Club standing on end, thirty feet in front of each column. At signal, the first player of each team runs forward to the club, sits on the ground, kicks over the club, and sets it up again, using only his feet. When the club is set up again he rises and returns to the starting line, where he touches off the second player. The second player repeats the performance of the first. This continues until all have run. The team which has its last player recross the starting line first wins.

Floor Dribble Relay (Girls)

Arrange the teams in closed columns of files, ten feet apart and abreast of a common line. Give the first player of each column a ball that will bounce (basket, soccer, volley). At signal, the player with the ball rolls it backward between his legs. Other players in the column, as needed, help roll it along to the end of the column. The last player picks it up and, using a regular Basket Ball dribble, dribbles it on the floor to the front of the column. Here he catches it, steps in front of the column, and rolls it back between the legs of his team mates, who, as before, help it along if ncessary. If at any time the ball rolls outside of the legs of the players it must be recovered and started again from the point of its exit. Each player, in his turn, dribbles the ball forward and, after passing the ball back, remains in front of the column. The team arriving at its original position first wins.

Foot Dribble Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each team. Place a medicine ball on the ground before the first player of each team. At signal, the first player kicks the ball forward to or around the turning point and back to the starting point. When the ball crosses the starting line the second player stops the ball and repeats as the first player. Players must not start forward until the ball has crossed the line. The team which has its last player recross the starting line first wins.

Forward Roll Relay

Arrange the teams in parallel columns ten feet apart, abreast of a common line. Place the players in each column eight feet apart. Establish a finishing line thirty feet in front of each column. At signal, the last player in each column does a forward roll and, coming to his feet, touches the player in front of him. This player repeats the roll and touches the player in front of him. This continues until all have rolled. The player at the head of the column, after executing his roll, runs forward to the finishing line. The team which has its leading player cross the finishing line first wins.

Gallop Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each team. At signal, the first player of each team puts one foot forward and then gallops to or around the turning point and back to the starting line. The foot placed forward at the beginning must be kept forward throughout the run. At the starting line the first player touches off the second player who repeats. This continues until all have competed. The team finishing first wins.

Gap Bowl Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a line three feet long, thirty feet in front of each column—this is the bowling line. Place two Indian Clubs standing three feet apart, half way between, and parallel to the starting line and the bowling line—one pair of clubs for each team. Give the first player of each team a ball (medicine, basket, playground). At signal, the first player runs forward to the bowling line, and standing behind the line, he attempts to roll the ball between the clubs. If the ball rolls to one side the second player at the line returns the ball to him. If he knocks over a club he must run and set up the club;—the other player returns the ball to him as before. If he succeeds the second player picks up the ball, runs forward and makes the attempt. The player at the starting line cannot advance beyond the line to recover the ball at any time. All bowling must be done from the bowling line. Each player bowls until he succeeds in his attempt. Each player in turn runs forward and bowls until all have competed. The first player serves as assistant to the last. The team finishing first wins.

Goat Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Give the first player of each team a ball (medicine, basket, volley). At signal, this player rolls the ball back between his legs. Each player in the column, as is needed, helps move the ball toward the rear of the column. The last player stops the ball, and walking on all fours, bumps it with his head to the front of the column. The ball should not be touched by the hands in its forward progress. Here, using his hands, he throws it back between the legs of the players in the column. The ball should never be lifted off the floor. After delivering the ball the "Goat" falls in at the front of the column. The last player in the column receives the ball and proceeds as his predecessor. This continues until all have run forward. The team finishing in its original position first wins.

Head Balance Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point thirty feet in front of each column. Give the first player of each column a flat object such as a book, bean bag, or a sneaker. All should be given the same kind of an object. At signal, the player with the object balances it on his head and walks or runs forward to or around the given point and back to the starting line. At the starting line the second player takes the book off the first player's head, puts it on his own, and repeats. Players must carry their arms at sides and not touch the object with their hands while advancing, unless it falls and hits the floor. Any player dropping the object from his head must stop on the spot and balance it on his head before he continues. The race continues until all have run. The team having its last runner recross the starting line first wins.

Heel Run Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each team. At signal, the first player of each team traveling on his heels, runs forward to or around the turning point and back to the starting line, where he touches the second player. The second player repeats the performance of the first. The third, fourth, and others repeat until all have run. The team finishing first wins.

Hobble Relay (Girls)

Arrange the teams in parallel columns, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each team. At signal, the first player in each column lifts one foot off the floor, grasps it with both hands behind his buttocks, and hops forward to or around the turning point and back to the starting line. The raised foot must be held all of the way. At the starting line, he touches off the second player who repeats. This continues until all have competed. The team finishing first wins.

Hoop Roll Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. Give the first player in each column a hoop and a short stick for striking it. (The hand may be used in propelling the hoop.) At signal, the player rolls the hoop forward to or around the turning point and returns, rolling the same to the starting point. At the starting point he catches the hoop and passes both it and the stick to the second player, who repeats the performance of the first. The third man follows, then the fourth, etc., until all have run. The team which has its last player recross the starting line first wins.

Hop Step Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart and abreast of a common line. Establish a turning point sixty feet in front of each team. At signal, the first player of each team, advancing by alternately hopping and stepping, travels to or around the turning point and back to the starting line. By way of illustration, the player advances as follows: Step onto left foot, hop on left foot, step onto right foot, hop on right foot, step onto left foot, and so on. Steps and hops may be made as long as desired. Note that this is not a gallop—the hop is made as long as the player can make it. At the starting line the first player touches off the second who repeats. This continues until all have competed. The team finishing first wins.

Hopping Relay (Girls)

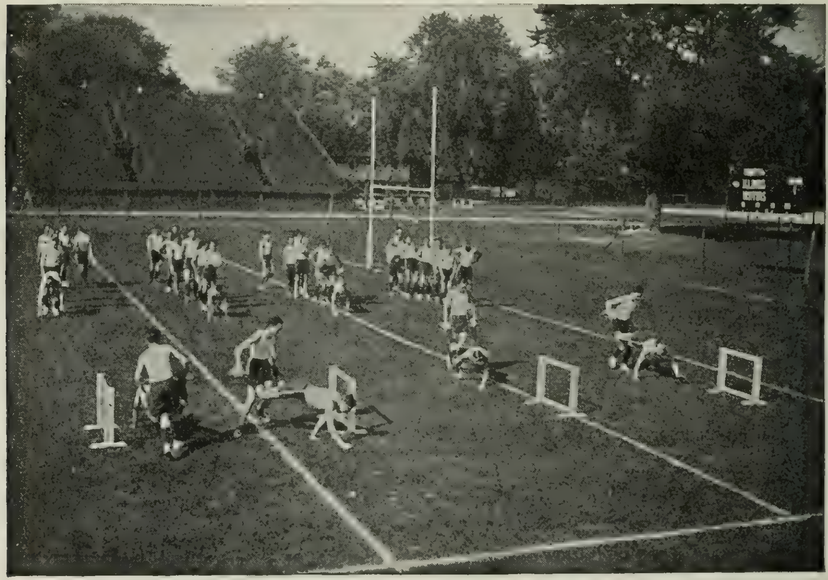
Divide each team in half. Arrange each half in columns facing each other, abreast of two common lines, sixty feet apart. The teams should be ten feet apart. At signal, the first player in the "A" half of each column hops on one foot to the starting line of the "B" half. At this point he touches off the first player in the "B" half. This player, hopping on one foot, returns to the "A" half, where he touches off the second player. This hopping back and forth continues until all have competed. The team which has its last player cross the opposite line first wins.

Hurry Hurry Relay (Girls)

Arrange the teams in parallel lines, ten feet apart—players standing ten feet apart. Have each player mark his position, using a large stone, or a piece of chalk. Place ten objects on the left of each team. At signal, the first player of each team picks up one object and runs and hands it to the second player, who runs and hands it to the third, and so on it is passed down the line to the last player, who places it at his feet. As soon as the first player has handed his object to the second, he runs back to his position and picks up another, runs to the second player's position, and hands it to the second player who again runs and turns it over to the third, etc. No player is allowed to step to the left of his own mark, or to the right of the mark of the player on his right. Also, each object must be passed from hand to hand and not thrown. Any player dropping an object must pick it up and pass it before he can accept another object. In this manner the running and passing continues until all of the objects have been placed at the last player's feet—the team finishing first wins.

Human Wheelbarrow Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point thirty feet in front of each column. At signal, the first player of each column puts his hands on the ground; the second grasps the first player's ankles and lifts his feet off the ground. Retaining this position, they advance to or beyond the turning point, here they change positions, the second player walking on his hands, the first player carrying the second player's feet. They then return to the starting point.



As the first two players cross the starting line the next two take positions, as described for the first two, and start forward. This continues until all have run. The team which has its last pair of players recross the starting line first wins.

Hurdle Relay

Establish a circular track seventy-five yards in circumference. Place the teams competing in the race at regular intervals about the track. Place any number of hurdles (high-jump, rope, benches, chairs, stick held by one or two men, etc.—any object from one and a half to three feet in height) about the track. Give the first member of each team a baton. At signal, the player with the baton runs about the track, leaping over all of the hurdles. Upon reaching his starting point, he passes the baton to the second player who proceeds about the track. The second passes it to the third, the third to the fourth, and so on. This continues until all have run. The team which has its last player recross its starting line first wins.

Indian File Relay

Arrange the teams in parallel columns, ten feet apart, abreast of a common line. Divide each team into two, three, or four equal parts. Have the members of each section place his arms about the waist (on the hips, or on the shoulders) of the man in front. At signal, the first section runs forward to or around the turning point and returns to the starting point, where the leading player touches off the leading player of the second section. The second section repeats the performance of the first. This continues until all have run. Sections breaking as they run must reunite at once or be disqualified. The team which has its last section recross the starting line first wins.

Juggle Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, and abreast of a common line—players standing three feet apart with legs spread. Give the last player of each column a ball. At signal, the player with the ball rolls it forward between the legs of his team mates, who, as needed, help the ball on its course. The first player picks it up and, repeatedly batting it in the air, juggles it to the back of the column. Here he catches it, steps in back of the column, and rolls it forward between the legs of his team mates, who, as before, help it along toward the front. If at any time the ball escapes the path of legs, it must be secured and started again from the point of its exit. Each player in his turn runs back, juggling the ball and, after passing it forward, takes a position in back of the column. The team arriving in its original order first wins.

Jump Stick Relay

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point twenty feet in front of each column and another twenty feet behind each column. Give the first player in each column a stick (six feet long). At signal, the first player runs forward with the stick, touches the turning point, returns and hands one end to the second player, who has stepped off to one side of the column. These two players, one on each side of the column, carry the stick close to the ground, and run back toward the end of the column. Each player in the column jumps over the stick as it comes to him. After the last man in the column has jumped over the stick, the first player lets go of the stick and falls in at the end of the column. The second player carries the stick back to the rear turning point, forward to the forward turning point, returns to the front of the column, and hands one end to the third player. These two players carry the stick back along the column, as previously described. This is continued until all the men have carried the stick forward. The team arriving in its original position first wins.

Kangaroo Relay

Place the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point twenty-five feet in front of each column. Give the first player of each column a ball (medicine, basket, volley, soccer) and have him place it between his ankles, holding it off the ground. At signal, holding the ball in this position, the first player jumps forward to or around the turning point and returns to the starting line. Upon reaching the starting line, the first player drops the ball; the second player picks it up, puts it between his ankles, and proceeds forward. If the ball falls from between the ankles of a player he must halt and replace it at the point it fell. The team which has its last player return across the starting line first wins.

Lame Chicken Relay (Girls)

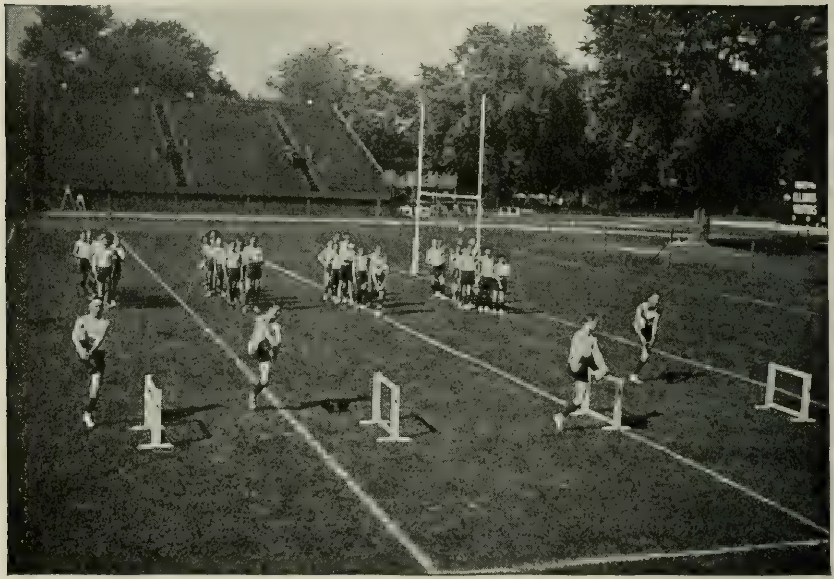
Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Place ten objects (stones, bean bags, dumb bells, etc.) in line two feet apart, directly in front of each team. At signal, the first player of each team, hopping over one object at a time, advances to the far end of the line of objects. Here he kicks the last object out of position, picks it up, and replaces it; then hopping over one object at a time, returns to the starting point. At the starting line he touches off the second player, who repeats this performance. This continues until all have taken part. Any player, touching an object other than the last, touching his uplifted foot to the floor, jumping over more than one object at a time, or failing to jump over an object, must return to the starting line and start over. The team having its last player recross the finishing line first is the winner.

Lame Dog Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point fifty feet in front of each team. Have the first player of each column support himself on both hands and one foot—the other foot is held out backward. At signal, retaining this position, he travels to or around the turning point and back to the starting line. The uplifted foot should be kept off the floor throughout the race. At this point he tags off the second player, who repeats. The others follow until all have run. The team finishing first wins.

Lame Duck Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart abreast of a common starting line. At signal the first player in each column raises one foot forward, grasps it with both hands and hops forward to or around the turning point and back to the starting line. The raised foot must be held with both hands all of the way. At the starting line he touches off the second player, who repeats. This continues until all have competed. The team finishing first wins.



Leap Frog Relay

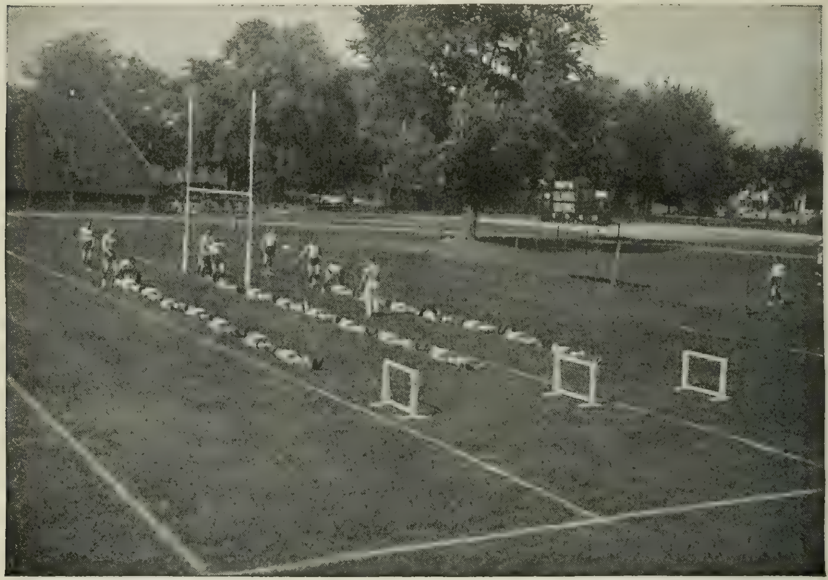
Arrange the teams in parallel columns ten feet apart, abreast of a common line. Place three men in column six feet apart, in front of each column. Have these players spread their feet and bend forward, placing their hands on their knees. These players ("Bucks") stand as firmly as possible. At signal, the columns advance; each player in his turn straddle-vaults over the "Bucks" in front of his team, runs around to the right, back to the rear of the column, and then forward to his starting position. In the execution of this relay each player advances directly behind the player in front and each must maintain his position in the column. The team returning to its starting position and squatting first wins.

Low Bridge Relay ✓

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Place two players, facing each other, ten feet in front of each column. Have these two players hold a stick (three to six feet in length) anywhere from four to five feet above the ground, depending on the size of the players. The stick should be held at right angles to the column of players. At signal, the columns move forward, each player in his turn going under the stick without touching it. The stick should be held firmly. Each player passes under the stick by leaning backward. (Players may not stoop forward.) The knees may be bent, but the hands must be kept on the hips. Only one can pass under at a time. Upon passing under the stick each player runs around to the right to the rear of the column and then moves forward to his original position. The team arriving at its original position first wins.

Man Lift Relay

Arrange the teams in columns ten feet apart, abreast of a common line; the players in each column standing at ten-foot intervals. Ask all of the players to lie on their backs and fold their arms on their chests. In this position there is a four-foot interval between the feet and the head of successive players. At signal, the last player in the column rises to his feet, steps forward, and placing his hands under the neck of the man in front of him, lifts him to his feet. The second man, on reaching his feet, steps forward and lifts the third man, etc. While being lifted a player should not in any way assist his lifter; arms should be kept folded and knees and hips stiff until the upright position is reached. The team which has its last player reach the upright position first wins.



Measuring Feet Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point twenty feet in front of each team. At signal, the first player of each team walks forward to the turning line by putting each foot down immediately in front of the other—the heel of the advancing foot should touch the toe of the other. Arriving at the turning point, he turns and runs back to the starting line, where he touches off the second player. This player repeats the performance of the first. The others follow in turn until all have competed; the team finishing first wins.

Object Toss Relay (Girls)

Arrange the teams in lines ten feet apart, abreast of a common line—players eight feet apart. Establish a circle two feet in diameter at the left of each line and another of the same size at the right of each line. Place twenty objects (dumb bells, stones, bean bags, etc.) in the circle at the left of each line. At signal, the first player at the left of each line picks up the objects one at a time and tosses them to the player on his right, who catches them and immediately tosses them to the next player, etc., till they reach the last player in the line. The last player places them in the circle at his right as he receives them. The objects must be tossed and not passed from hand to hand. A dropped object must be recovered by the player dropping it and tossed to the next player from his regular position in the line. The team placing all of its objects in the circle to its right first wins.

Object Pass Relay (Girls)

Arrange the teams in parallel columns ten feet apart, abreast of a common line. Establish a circle two feet in diameter in front of each column and another of the same size in back of each column. Place twenty objects (dumb bells, stones, bean bags, etc.) in the circle in front of each column. At signal, the first player of each team picks up the objects before him and passes them, one at a time, to the player behind. The second player, as he receives them, passes them to the third player, who passes them to the fourth, etc., to the last player in the column. The last player as he receives each object, places it in the circle behind him. The objects must be passed from hand to hand and not thrown. A dropped object must be picked up by the player dropping it and passed on from his regular position in the column. The team placing all of its objects in the rear circle first wins.

Obstacle Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Place obstacles of all kinds (things to crawl under, jump over, climb through, run around, and vault over) in front of each column. Each column must have the same identical obstacles arranged in the same identical way. Demonstrate how the obstacles should be traversed. At signal, the first player in each column starts, makes a circuit, and returns to the starting line, where he touches the second player. The second player repeats. The third follows, and so forth until all have run. The team which has its last player recross the starting line first wins.

One Hand Ball Relay (Girls)

Arrange the teams in line formation, lines ten feet apart, players in each line four feet apart. Have all of the players place their left hands behind their backs. Give the first player of each team a ball (medicine, basket, soccer). This player holds the ball in his right hand. At signal, the player holding the ball passes it to the next player, who passes it to the next and so on until the last man receives it. Each player catches the ball and passes it with the right hand only. Upon receiving the ball the last man in line, balancing the ball on the right hand, runs forward to the head of the line, takes position beside the first player and passes the ball to this player, who passes it on to the next, and so on. Any player dropping the ball must recover it, using the right hand only. Runners are not allowed to hold the ball against their body, but must balance it free on one hand. This continues until all have carried the ball forward. The team which arrives in its original position first wins.

Over the Top Relay (Girls)

Arrange the teams in columns ten feet apart, abreast of a common line. Place two ball players, holding a stick from three to six feet long, thirty feet in front of each column. Have these players hold the stick as high as they can and at right angles to the column. Give the first player in each column a ball (soccer, medicine, basket). At signal, the player holding the ball runs forward, tosses the ball over the stick, runs under the stick and catches it, turns around, tosses the ball over the stick, runs under again, and catches it, and runs back to the starting line. At this point he passes the ball to the second player, who repeats. This continues until all have run. The team finishing first wins.

Overhead Pass Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line; players in each column four feet apart. Give the first player in each column a ball (medicine, basket). At signal, the player with the ball passes it back over his head to the second player, who passes it in a similar manner to the third, etc., to the end of the column. After throwing the ball back each player should hold his arms curved forward. When the last player receives the ball he immediately throws it forward over the head of the player in front, who catches it in his arms and passes it over the next player in front, etc., to the front of the column. Any player dropping the ball must recover it and return to his correct position before throwing it. The team returning the ball to its leading player first wins.

Over and Under Relay (Girls)

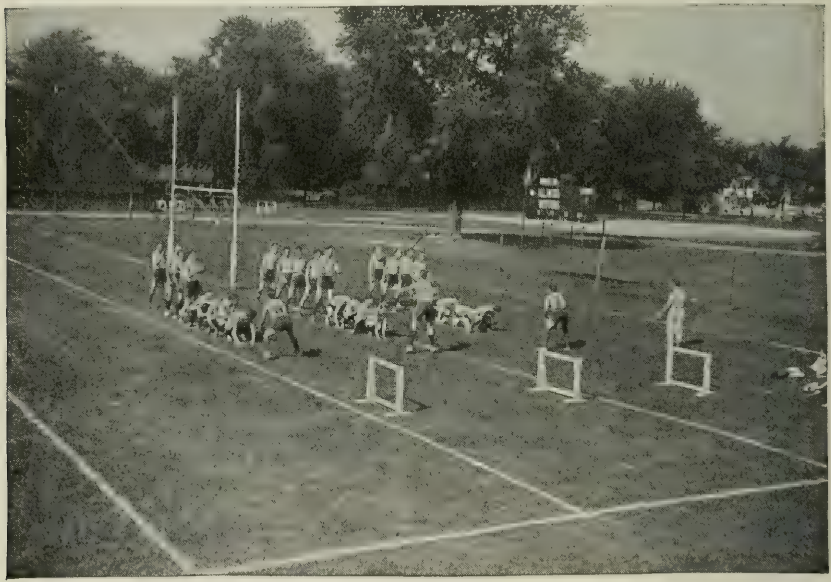
Arrange the teams in parallel columns of files ten feet apart, abreast of a common line—players in each column five feet apart. Establish a turning point twenty feet in front of each column and another twenty feet behind each column. Give the first player of each team a stick (six feet long). At signal, the first player runs forward with the stick, touches the turning point, returns and hands one end to the second player, who has stepped off to one side of the column. These two players, one on each side of the column, run toward the end of the column. While doing this they hold the stick so the first player jumps over it, then raise it so it passes over the second player's head, then lower it for the third to jump over, etc., alternately raising and lowering it to the end of the column. Here the first player releases the stick and takes position at the end of the column. The second player carries the stick back to the rear turning point, forward to the forward turning point, returns to the front of the column and hands one end to the third player. These two carry the stick along the column as previously described. This is continued until all have carried the stick forward. The team arriving in its original position first wins.

Pass and Catch Relay (Girls)

Arrange the teams in parallel columns of twos, ten feet apart, abreast of a common line. Give one of the players, forming the first pair of each column, a ball (basket, playground, medicine). Establish a turning point fifty feet in front of each column. At signal, the first pair of players run forward to or around the turning point and back to the starting line. They pass the ball back and forth during the entire trip—no player taking more than one step with the ball in his possession. At the starting line, one of the players hands (not throws) the ball to one of the second pair. This pair repeats. This continues until all have run. Any player dropping the ball must recover it himself. The team finishing first wins. Another factor may be added to the race by counting the number of times each team drops the ball—the team dropping it the fewest number of times wins.

Pass and Squat Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Place the first player of each team five feet in front of his column. Give the first player of each team a ball (medicine, basket, playground). At signal, the player with the ball passes it to the first player in his column. This player catches it and passes it back to the base player. Immediately after passing the ball, this first player squats. The base player passes the ball to the second in the column, who passes it back to the base player and squats. This continues until all in the column have caught the ball and passed it back to the base player. Any player dropping the ball must recover it and return to his position before passing it. Passes may be made in any manner. The team finishing first wins.



Pass on Relay

Place all but three of each team in parallel columns of files ten feet apart. Have the players spread their feet and sit on the ground, sitting so close together that each player sits between the legs of the player behind. After arriving in this position have all of the players lie back—each player rests on the body of the player behind. In this position have all of the players raise their hands to the vertical poisition. At signal, the player at the head of each column rises, sits on the hands of the second player and proceeds to lie down on his back on the hands of his team mates. These men then pass the "wounded man" toward the foot of the column. As soon as the first man is out of the way the second player follows him. As the players reach the foot of the line each immediately assumes the lying position. The team arriving at its original position first wins.

Pass Over Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Give the first player of each column a ball (basket, medicine, playground). At signal the player of each team with the ball steps to the right side of his team and runs toward the foot of the column. At the same time the second player on each team steps to the left and runs toward the foot of the column. The two players pass the ball back and forth over the heads of their team mates. No player may take more than one step while holding the ball. At the foot of the column the first player drops in behind the last player, the second player runs around the foot of the column and down the right side, back to the front, where he hands (not throws) the ball to the third player. The third player steps out to the left side of the column and runs for the foot. The second player turns around and runs back up the right side. They pass the ball back and forth all of the way. At the foot the second player falls in the rear and the third player rounds the end and runs down the right side. This continues until all have returned to the starting order. The team finishing first wins.

Pass Through Hoop Relay (Girls)

Arrange the teams in parallel columns ten feet apart, the players in each column standing three feet apart. Give the first player in each column a hoop three feet in diameter. At signal the first player passes the hoop over his body (head first or feet first, at his option). Upon completing this he hands the hoop to the second man in the column, who passes the hoop over his body and hands it to the third. This continues until all have passed the hoop over their body. The team finishing first wins.

Paul Revere Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line, players standing ten feet apart. Establish a finishing line twenty feet in front of the columns. Select a light player from each team to act as "Rider." Place the "Rider" at the rear of each column. At signal, the "Rider" mounts the hips of the last man, who carries him forward to the player immediately in front of him. Here, the "Rider" transfers to the back of the second man. The transfer must take place without the "Rider" touching the ground. The second player carries him to the third and so on. The player at the head of the column carries the "Rider" forward to the finishing line. The team which carries its "Rider" across the finishing line first wins.

Pirouette and Pass Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each team. Give the first player of each team a ball (medicine, basket, playground). At signal the player with the ball runs forward to the turning point, tosses the ball into the air, executes a pirouette (turns once about in place) catches the ball and passes it back to the second player of his team line. Upon receiving the ball he repeats the performance of the first player. Any player dropping the ball must recover it himself without aid from the other players. All passes must cross the starting line before they are caught. This continues until all have run; the team finishing first wins.

Place Rope Skip Relay (Girls)

Arrange the teams in parallel lines ten feet apart—players five feet apart. Give the first player of each team a rope eight feet long. At signal, the player with the rope skips in place, skipping fifteen times, any style. Upon completing his fifteenth skip he passes the rope to the second player in line, who repeats the performance and passes it to the third. This continues until all have skipped the required number of times. The team finishing first wins. Any number of skips from five to forty may be used.

Pony Express Relay

Establish a circular running track fifty yards in circumference. Establish a starting line at some convenient point on the track. Place the teams beside the track at this point. Have each team appoint their lightest player "Rider." Place the first "Pony" of each team on the track and the "Rider" of that team immediately behind him. At signal, the "Rider" mounts the hips of the "Pony," who proceeds to run around the track with him. As soon as the first "Ponies" have started, the second "Ponies" take their positions at the starting line. As the first "Ponies" arrive at the starting line, they transfer their burdens to the second "Ponies." This transfer must be made without the "Riders" touching the floor. Any "Rider" falling off of his "Pony" must get aboard again at the point he fell off. The other runners follow in their order until all have run. The team which has its last "Pony" recross its starting line first wins.

Pony Relay

Arrange the teams in parallel columns of twos ten feet apart, abreast of a common starting line. Establish a turning point fifty feet in front of each team. At signal, one of the players making up the first pair, standing behind the other player, puts his head between this player's legs and lifts him so he sits astride the first player's neck. The bottom player is the "Pony"; the top player the "Jockey." Holding the "Jockey" in position, the "Pony" runs forward to the turning point, where he drops him. The "Pony" stays at the turning point. The "Jockey" runs back to the starting line, where he acts as "Pony" for the third man. This continues until all have been carried forward; each player serves in turn first as "Jockey" then as "Pony." The team which has its last player cross the turning point first wins.

Potato Relay (Girls)

Arrange the teams in parallel columns of files ten feet apart and abreast of a common line. Establish one circle one foot in diameter immediately in front of each column. Establish one other circle one foot in diameter thirty feet in front of each column. Place three potatoes (blocks of wood, stones, etc.) in each circle on the line. At signal the first runner of each team, carrying the potatoes one at a time, places them in the advanced circle. Completing the task he returns to the starting line, where he touches the second player. The second player, carrying one at a time, carries them back to their original circle. The third player carries them forward again. This continues until all have run. Each potato must be placed in the circle before the next can be taken. The team which has its last player recross the starting line after finishing the task first wins.

Prone Lying Circle Relay (Girls)

Arrange the group in a large circle, players lying down on their stomachs, facing in and holding hands; each player has his legs together and projecting straight to the rear. Divide the circle in half; each half constitutes one team. At signal, the first player on the left of each team rises and runs to the right about the circle, stepping between the bodies of the lying players as he runs. On arriving at the starting point, each runner steps forward, touches the second player, and then lies down in his original position. On being touched, the second player repeats the performance of the first. The third, the fourth and others follow until all have run. The team which finishes and is lying in its original position first wins.

Pursuit Relay

A circular track from forty to sixty yards in length is required for this race. Place the teams at starting points equal distance apart around the track. At signal the first runner of each team, carrying a baton, runs forward around the track. On completing one lap each runner passes the baton to the next player on his team; this runner repeats. Any runner catching up to and tagging another runner puts the tagged runner and his team out of the race—the runner so tagged should withdraw from the track at once. The race continues in this way until one team is left; this team wins the race. If the relay is not decided by the time all of the players on a team have run the players run again and again in their regular order until it is decided.

Rail Walk Relay

Swedish Booms or balancing rails, one for each team, are necessary for this relay. The rail should be less than three feet from the floor. Divide the teams in half and place each half in column at opposite ends of the rail. At signal, the first player of Section "A" mounts the end of the rail, walks across and drops off the other end. At this point he touches off the first player of Section "B." This player mounts the rail, walks across, dismounts, and touches off the second player of Section "A." Each contestant is required to touch one of his feet to each end of the rail. If any player drops from the rail, while crossing he is required to return to his starting point and begin over. The race continues in this manner until all have competed. The team which has its last player complete his walk first wins.

Raised Leg Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, and abreast of a common line, players standing at normal intervals. Establish a turning point fifty feet in front of each column. In this race the contestants compete in pairs. The first two players of each column stand on one foot and raise the other foot backward. The second player grasps the upraised ankle of the first player. At signal, these two players, retaining their starting formation, hop forward to or around the turning point and back to the starting line. While they are running the third and fourth players get in position at the starting line. At the starting line the first pair touch-off the second pair, who repeat the performance of the first pair. In this manner the race continues until all have run. The team finishing first wins.

Rescue Relay

Divide the teams in half, and place one half of each in parallel columns, abreast of a common line. Place the other half of each team lying on their backs in line twenty yards in front. The teams should be twenty feet apart. At signal, the first player of each team at the starting line runs to the first player of his group lying down, picks him up, throws him across his shoulders and carries him to the starting line. The player lying on his back must not assist the carrier in any way (he must be "dead" weight). The second carrier starts forward as the first crosses the starting line, runs to the group in front and carries the second player back. In this manner the race continues until all have run. The team returning its last man across the starting line first wins.

Rise and Run Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. Place one player on the turning point in front of each column; have this player lie on his back, head toward the column. At signal, the first player in the column runs forward and tags the player lying in front. Upon being tagged, this player rises to his feet and runs to the starting point, where he tags the next player in the column. In the meantime the player who tagged him lies down in the place he vacated. As soon as the second player is tagged he runs forward to the player in front. And so forth;

this continues until all have run forward. The team finishing in its original position first wins.

Roll Over Man Relay

Arrange the teams in parallel columns, ten feet apart, abreast of a common line. Place a player ten feet in front of each column, resting on his hands and knees—side toward the column. Have this player lower his hips and bend his arms slightly so he rests close to the ground. At signal, the entire column moves forward in file formation; each player in turn places his hands on the ground just at the side of the kneeling player and executes a forward roll over his body. As soon as the roll is completed the player turns to the right and runs around the rear of the column and then moves forward to his original position. The team returning and squatting in its original position first wins.

Rope Climb Relay

One climbing rope is required for each team in this game. Mark each rope either by a ribbon or chalk twelve feet from the floor. Place a mat under the rope. Arrange the teams in columns each team directly in back of a rope. At signal the first player of each team steps forward and climbs the rope, touches the mark and drops to the floor. As soon as he hits the floor, the second player who has previously taken position close to the rope repeats this performance. Each player in turn follows, starting as soon as his predecessor has hit the floor. Players may start climbing with a jump. The team which has its last player hit the floor first wins.

Rope Skip Relay

Arrange the teams in parallel columns of files ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. Give the first player of each column a piece of rope eight feet long. At signal the player with the rope runs forward to or around the turning point and returns to the starting line skipping the rope all of the way. At the starting line he passes the rope to the second player who repeats the performance. Any player who stops skipping must halt and start again before advancing. Each player runs in his turn until all have run. The team having its last player recross the starting line first wins.

Rotation Leap Frog Relay

Arrange the teams in parallel columns of files, players standing eight feet apart; columns ten feet apart and abreast of a common line. Have each player spread his feet and lean forward, putting his hands on his knees; each thus becomes a "Buck." At signal, the last player of each column moves forward, straddle-vaulting over all of the players in the column before him. As soon as he has vaulted over the player directly before him, this player originally second from the rear, follows the last man. As soon as both have vaulted over the man third from the rear this player attaches himself to the advancing column of vaulters. This continues, each player as he becomes last in the column of "Bucks" joins the column of vaulters. On arriving at the front of the column of "Bucks" they take successive positions as "Bucks" each eight feet in front of the last "Buck" vaulted over. In this manner each player vaults over every other player once and then halts as a "Buck." The team arriving in its original order first wins.

Run, Toss and Catch Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. Give the first player of each team four bean bags. At signal, the player with the bean bags runs forward to the turning point and tosses the bags, one at a time, back to the second player, who has in the meantime stepped up to the line. On catching the fourth bag, he runs to the turning point where he tosses them to the third player. This continues until all have carried them forward. The team having its last player recross the starting line first wins.

Sack Relay (Girls)

Divide the teams in half; place one half of each in a column of files, abreast of a common line; place the other half in a column of files, abreast of a common line, sixty feet to the front, facing the first half. The several teams should be ten feet apart. Place a sack on the ground before the first player of the "A" half of each team. At signal, this player picks up the sack, steps into it, pulls it up and around his waist and runs forward to the "B" half of his team. Reaching this point he drops the sack and steps out of it. The first player here steps into the sack, adjusts it, and runs back to the starting line; the second player of the "A" half returns with it. This shuttle continues until all have run. The team which has its last player cross the opposite line first wins.

Sedan Relay (Girls)

Arrange the teams in parallel columns of twos, ten feet apart, abreast of a common line. Establish a turning point thirty feet in front of each column. Have each pair of players join inside hands. Place an extra player, preferably a light, fast man called "Sultan" in front of each column. At signal, the "Sultan" sits on the joined hands of the first pair in the column, placing his arms about their shoulders. These men carry him forward to turning point and drop him to the ground. He returns immediately to the starting line where he mounts the joined hands of the second pair in his column. These players carry him forward as the first pair did. This continues—the "Sultan" returning to be carried forward by each pair in the column, until all have run. The team finishing first wins.

Single File Relay (Girls)

Arrange the teams in columns ten feet apart, abreast of a common starting line. Establish turning points 100 feet in front of each team. At signal, each team, maintaining its original formation, runs forward around the turning point and back to the starting line. The players are required to stay in their positions in the line—they are not permitted to pass players in front. The team having its last player recross the starting line first wins.

Sit and Stand Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Give the first player of each team a flat object (a book, a flat stone, a bean bag, a block of wood). At signal, the player with the object places it on his head so it balances, drops his arms to his sides, drops to a sitting position on the floor, and then rises to a standing position. When he reaches a standing position the second player takes the object from his head, places it on his own, and repeats the performance of the first. If the object falls from the head, the player is not allowed to touch it until it hits the floor; nor is he allowed to use his hands to steady it, once he has removed them. Any player dropping the object from his head must pick it up, stand erect, adjust it, and continues his attempt. The third repeats, the fourth, and so on, until all have performed. The team having its last member finish first wins.

Sitting Circle Relay (Girls)

Arrange the group in a large circle, players sitting down facing out with legs projecting straight to the front and holding hands. Divide the circle in half; each half forms one team. At signal, the first player on the left of each team rises and runs around the outside of the circle, running to the right, stepping, as he runs, between the legs of the players sitting. On arriving at the starting point the runner steps forward, touches the second player, and then sits down in his original position. On being touched, the second player repeats the performance of the first. The third, fourth, and others follow in turn until all have run. The team which finishes and is sitting in its original position first wins.

Skin the Snake Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Have each player spread his feet, put his right hand back between his legs, and his left hand forward, grasping the hand of the man ahead. At signal, the last man in each column lies down flat on his back, and the rest of the team with feet spread, start walking backward over him. Each player, as his turn comes, lies down on his back. The last man lies down, touches his head to the ground, rises, and with feet spread, walks or runs forward, pulling up the entire team to the starting position. The hands are kept grasped throughout the entire game. The team arriving at its original position first wins.

Skipping Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each team. At signal, the first player of each team skips to or around the turning point and back to the starting line. At this point he touches off the second player, who repeats. The third, fourth, fifth, and others follow until all have run. The team finishing first wins. The skipping is done in the following manner; step on left, quick hop on left, step on right, quick hop on right, step on left, quick hop on left and so on.

Slipper Relay (Girls)

Arrange the teams in columns, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. Give the first player in each column a pair of large slippers

—so large that they will readily fall off one's feet. At signal, the first player puts the slippers on and runs to or around the turning point and back to the starting line. At this point he removes the slippers. The second player puts them on and repeats the performance of the first player. This continues until all have run. Any player losing a slipper must recover it and put it on before continuing. The team finishing first wins.

Sprinting Relay (Girls)

Establish a circular track eighty yards in circumference. Place the teams at regular intervals about the track. Give the first player of each team a baton. At signal, the player of each team, carrying the baton, starts running around the track. Upon completing one lap the runner passes the baton to the next member of his team who repeats. This player passes the baton to the next. And so forth, this continues until all have run. The team which has its last runner recross the starting line first wins.

Squat Jump Relay

Arrange the teams in closed columns of files, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. Have the first three men in each column spread their knees and execute a full knee bend. Then have each put his hands on the hips of the man in front. At signal, this trio, double jumping in the squat position, travels forward to or around the turning point and back to the starting line. On recrossing the starting line the next three men start. In this manner the race continues until all have run. Each successive group of three should squat and otherwise prepare to start while waiting to be touched off. The team having its last group return across the starting line first wins.

Stake Bowl Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Place an Indian Club (or stake) standing on end forty feet in front of each column. If a wall is available arrange the columns so these clubs may be placed abreast of it (five feet from the same). If no wall is available place an extra player from each team just beyond each club. Draw a line half way between the club and the column; this is the throwing line. Give the first player of each column a ball (medicine, basket, playground). At signal, the first player runs forward to the throwing line; from this point he attempts to bowl over the club. If he is not successful he recovers the ball and tries again from the same throwing line. The thrower has three trials. Upon making a successful throw, or completing his third attempt, he sets up the club (if it is down), recovers the ball and passes it to the second player in his column. This player must receive the ball behind the starting line. After receiving it he runs forward and attempts to bowl over the club, as did the first man. The player beyond the club, if there is one, does nothing more than recover the ball and return it to the thrower This continues until all have competed. The team having its last player recross the starting line with the ball first wins.

Stand-up Club Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line, players standing five feet apart. Stand an Indian Club (or stake) immediately in front of each player. At signal, the last player in each column knocks over his club and then proceeds to set it up. As soon as it is set up he steps forward and touches the next player in the column. The second player repeats the same performance. This continues up the column to the leading player. Each club must be permanently standing before its owner can touch the next player. The team finishing first wins.

Stand-up Relay (Girls)

Arrange the team in parallel columns of files, ten feet apart, abreast of a common line. Place three Indian Clubs standing on end, fifty feet in front of each column. At signal, the first player of each team runs forward to the clubs, knocks them over, sets them up, and returns to the starting point. It is best to have the players use only one hand in knocking over and setting up clubs. The first player touches off the second; this player repeats and touches off the third. This continues until all have run. The team which has its last player recross the starting line first wins.

Stepping Stones Relay (Girls)

Arrange the teams in closed columns of files, ten feet apart, abreast of a common line. Establish a turning point fifty feet in front of each team. Place bricks (flat stones, blocks of wood, or mark spots about eight inches square) at varying distances apart (at no point farther than eight feet nor less than two) in a direct line between the starting point and turning point of each team:

this should give "Stepping stones" anywhere from two feet to seven feet apart. The "Stepping stones" of each team should occupy the same relative positions. At signal, the first player of each team runs forward, stepping on the "stones" to or around the turning point and returns, to the starting point. The runner must step on each stone on each trip. At the starting point he touches the second player, who repeats the performance. The third player, the fourth, and the others, each run in turn until all have run. Any player stepping off, or falling off a stone must return to the last "bank" he was on and start again. The team which has its last player recross the starting line first wins.

Stick and Ball Relay

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point fifty feet in front of each team. Give the first player of each team a ball and a stick about three feet long. Have each place the ball on the starting line. At signal, each pushing the ball before him, runs to the turning point, and back to the starting line. At this point each passes the stick to the second member of his team, who repeats. The players are not allowed to hit the ball, but must push it by sliding the stick on the floor and scooping it along. This continues until all have run; the team finishing first wins.

Stiff Knee Jumping Relay (Girls)

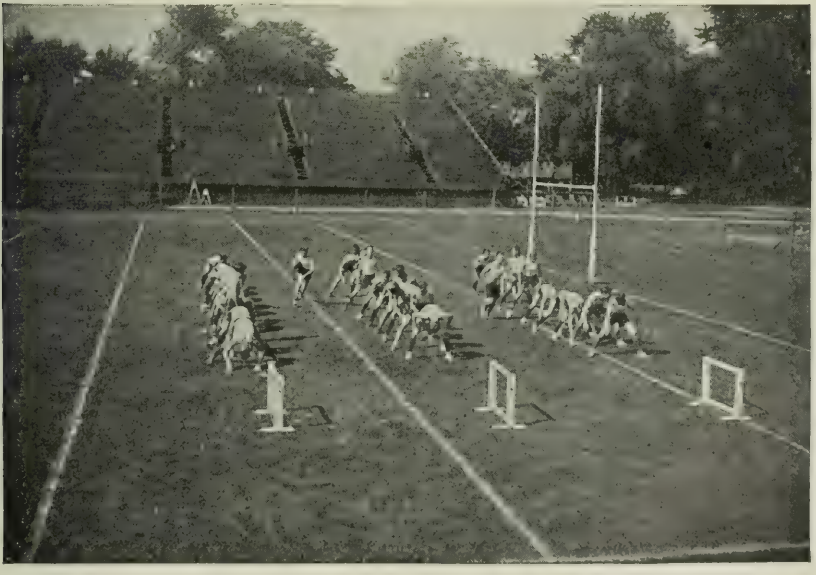
Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point thirty feet in front of each team. At signal, the first player on each team, with his arm folded on his breast, knees rigid and feet close together, jumps forward with short rapid toe springs to or around the turning point and back to the starting line. Here he touches off the second man, who repeats. This continues until all have run. The team finishing first wins.

Stilt Walk Relay

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each team. Give the first players in each column a pair of stilts. At signal, the player with stilts mounts them and walks forward to or around the turning point and returns to the starting line. At the starting point, he dismounts and passes the stilts to the second player, who repeats the performance of the first. The third player, fourth player, and others follow in turn until all have run. The team which has its last player recross the starting line first wins.

Straddle Ball Relay (Girls) ✓

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line, players in each column three feet apart. Have all of the players spread their legs. Give the first man in each team a ball (medicine, basket, soccer). At signal, the player with the ball rolls it back between the legs of his team mates. If necessary other players in the column help roll it along. The last player receives it, carries it to the head of the column, and sends it through again. After throwing the ball, the player takes a position with feet spread in front of the column. Each player in turn carries the ball forward until all have carried it. The team arriving at its original formation first wins.



Straddle Vaulting Relay

Arrange the teams in parallel columns of twos, ten feet apart, abreast of a common line. Establish a turning point fifty feet in front of each team. (Call the players in one column of each team "ones" and the players in the other column "twos".) At signal, the first pair of each team move forward alternately vaulting over each other as follows: Number one leaps forward, spreads his feet, and leans forward; number two immediately straddle vaults over him, landing with his feet spread, and leaning forward. Number one now vaults over number two. They continue in this manner forward to, or around the turning point and back to the starting line. The players must not run between vaults; each must stand and lean forward at the point of landing after vaulting. As the first pair cross the starting line the second pair starts forward by the same method. This continues until all have run. The team which has its last pair recross the starting line first wins.

Take and Put Relay

Arrange the teams in parallel lines, ten feet apart—players standing five feet apart, with feet spread. Place ten objects (dumb bells, bean bags, stones) to the left of the left-end player of each team. At signal, the first player of each group picks up the objects, one at a time, with his left hand, transfers them to the right hand, and places them on the floor to his right. As soon as the first object is placed, the second player picks it up and places it to his right, as did the first, and so forth. Each player in the team picks up the objects as soon as they arrive and transfers them to his right. This continues until all have been transferred to the right of the line. The team placing its last object on the floor to the right first wins.

Tandem Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. Have the players of each column assemble in pairs; the rear player of each pair circles the front player's waist with his arms and clasps hands. At signal, the leading pair, maintaining their original position, runs forward to or around the turning point and back to the starting line. At this point the front player tags one of the next pair, who are now ready at the starting line. The second pair repeats the performance of the first. This continues until all have run. The team finishing first wins.

Tap Top Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Place two Indian Clubs in front of each team: one twenty feet in front, and one forty feet in front. At signal, the first player of each team runs forward to the first club, picks it up, turns it over, touches the top to the floor, sets it up, runs forward to the second club, repeats the same performance, runs back to the first club, repeats this again, and then runs to the starting line. At the starting line he touches-off the second player, who repeats this performance. The others follow in turn until all have competed: the team finishing first wins.

Target Relay

Arrange the teams in closed columns, ten feet apart, abreast of a common line. Establish a base (a space one foot square) fifty feet in front of each column. If a wall is available arrange the columns so these bases may be placed abreast of it, five feet distant from the same. If no wall is available station a player from each team beyond each of the bases. Place a player on each base. Establish a line ten feet in front of the columns; this is the throwing line. Give the first player of each column a soft ball (volley, basket, playground).

At signal, the first player runs forward to the throwing line; from this point he attempts to hit the player standing on the base. If he is not successful he recovers the ball and tries again from the same throwing line. The thrower has three trials. Upon making a successful throw, or completing his third attempt, he recovers the ball and passes it to the second player in the column. This player must receive it in back of the starting line. After receiving it he runs forward and repeats the efforts of the first player. The player on the base is an independent figure. He must keep one foot on the base; otherwise he may do anything he can to prevent being hit. Failure to keep one foot on the base scores the same as hit for the thrower. The player beyond the base, if there is one, does nothing more than recover the ball and return it to the thrower. The game continues until all have thrown. The team which has its last player finish and hold the ball in back of the starting line first wins.

Three-Legged Relay (Girls)

Arrange the teams in parallel columns of twos, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. Have the first pair of players of each team place a belt about the inside legs, just below the knees (a rope may be used), binding the two legs together very tightly. At signal, the bound pair runs forward to or around the turning point and returns. On reaching the starting line they halt, remove the belt, and pass it to the second pair. The second pair, upon receiving the belt, fasten it about their inside legs, and repeat the performance of the first pair. This continues until each pair has run. The team having its last pair recross the starting line first wins.

Undress and Dress Relay

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point eighty feet in front of each column. At signal, the first man in each column runs forward five paces, halts, removes and deposits his shoes, runs forward five more paces, halts and deposits his hat, runs forward five more paces, halts and deposits his coat, runs forward five more paces and deposits his necktie, and then runs forward to or around the turning point and returns by the same route, picking up each article of clothing and putting it on as he comes to it. Players are not allowed to remove or put on clothing while running. Each piece must be completely adjusted before reaching the starting line. At the starting line he touches off the next player who repeats. This continues until all have run. The team which has its last player return across the starting line first wins.

Variety Pass Relay

Arrange the teams in parallel lines ten feet apart—players standing ten feet apart. Place a basket ball, a stone, a dumb bell, and a playground ball at the feet of the player to the left of each team. At signal, the first player picks up the dumb bell and tosses it to the second player; then picks up the basket ball and bounces it to him; picks up the playground ball and rolls it to him, and picks up the stone and runs and hands it to him. The second player, upon receiving each object, places it at his feet. Upon receiving the stone he places it down, then proceeding in the same manner as did the first, transfers them to the third who, in similar manner, passes them on to the fourth, etc., to the end of the line. The last player upon receiving them places them at his feet;—the team which puts its last article on the floor in front of its last player first wins.

Variety Transfer Relay (Girls)

Arrange the teams in parallel lines, ten feet apart—players standing eight feet apart with feet spread. Place five objects (stones, dumb bells, etc.) on the floor to the left of the player on the left of each team. At signal, the first player picks up the objects and passes them to the second, who in the same manner passes them to the third, and so on to the last player. Each player must receive the pass with the left hand and present it with the right. All transfers from left to right hand must be made in the following order: first, passed across front; second, passed under one leg; third, passed behind back; fourth, passed behind the neck; fifth, passed over head. Any player dropping an object must pick it up before receiving another. Likewise, each player must keep his position with feet spread. The last player, upon receiving the objects, puts them at his feet. The team which has all of its objects in front of the last player first wins.

Waist Carry Relay

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each team. Have the first players in each team lean slightly forward and the second player lie across the small of his back. Then have the first player put one arm around the second player's legs and one arm about his back and thus lift the second player from the floor. At signal, the first player in each team, carrying the second player in this manner, runs forward to the turning point. Here the carrier drops the rider to the floor. The first player remains here; the second player runs back to the starting line, picks up the third player, as previously outlined, and carries him to the turning point. This continues until all have been carried forward—the player who rides down runs back and carries the next player down. The team finishing first wins.

Walking Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. At signal, the first player of each team walks forward to or around the turning point and back to the starting line In walking, a player must place the heel of the advancing foot on the floor before the toe of the trailing foot is lifted. At the starting line the walker touches off the second player who repeats. This continues until all have walked. The team finishing first, wins.

Zig-Zag Hopping Relay (Girls)

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Establish a turning point forty feet in front of each column. Place seven Indian Clubs at intervals of five feet in a direct line between the starting line and the turning point—the first club five feet from the starting line and the last, five feet from the finishing line. Place one player from each team at the turning point. At signal, the first player from each team hops forward to the turning point, traveling alternately to the left and the right of the clubs. At the turning point, the runner and player stationed there, link elbows and run around each other twice and release. The player who had just hopped out from the column remains at the turning point. The player who had been stationed there hops back to the starting line, zig-zagging to alternate sides of the clubs. At the starting line he touches off the second player who, zig-zagging to the left and right, hops to the turning point. Any player knocking down a club must set it in place before proceeding. He must do this while standing on one foot. This continues until all have hopped forward. The player who was stationed in front at the beginning, hops out and relieves the last player. The team having its last player recross the starting line first, wins.

Zig-Zag Running Relay

Arrange the teams in parallel columns of files, ten feet apart, abreast of a common line. Place eight Indian Clubs in column directly in front of each team—clubs standing one foot apart—the first club ten feet from the line. At signal, the first player of each team runs forward to the clubs and, traveling alternately to the left and right of the clubs, runs to the farthest club, circles it, and traveling alternately to the left and right again, returns to the starting line. Here he touches off the second player, who repeats this performance. This continues until all have competed. The team finishing first wins.

CHAPTER XI

COMBATIVE CONTESTS

The Combative Contest is an undeveloped activity on American playgrounds and American gymnasium floors. There is a little boxing, wrestling and fencing, but practically nothing is done with those simple combative activities that are particularly adapted for use with large groups.

A great many things might be said in favor of giving the combative contest a large place in our program of physical education. There is no other phase of our program which develops the qualities of self-confidence, aggressiveness, masterfulness, and so forth, so well and so surely as the combative contest. The man-to-man nature of a contest seems to be very effective in developing individual initiative, self-assertiveness and virility. Who ever saw a wrestler or a boxer that was timid or backward. The thing is really inconceivable. This type of athlete, of all athletes, is self-sure and courageous.

It is also an established fact that this type of work provides excellent all-round training. The majority of the contests call into use most of the important muscle groups, thus tending to develop the body along normal, utilitarian lines. The training is natural rather than artificial. Speed, reaction, strength, endurance, skill, and other neuro-muscular qualities are developed. Also, from the standpoint of organic effect, no other physical activity practiced gives any where near the thorough "workout" that can be secured through active participation in this type of sport.

Another advantage of this sort of work is that it may be engaged in by all ages and both sexes. The writer has used these activities with grade school boys, high school boys, college students, and business men and found them uniformly practical and successful. They appeal to an age-old instinct to match oneself against a rival, or as the psychologists would put it "they call into play the instinct to express one's superiority." Contesting with an opponent is "lots of fun," as one boy put it, and beating him comes as a culminating thrill. Fundamental emotions are aroused and developed. There is no reason why these same contests can not be used equally widely with girls and women.

And lastly, combative contests are thoroughly enjoyed by the spectator. This makes them especially useful for exhibition purposes.

Classification of Contests

Combative contests quite naturally divide into two classes: (1) Mass;—those contests which, due to the fact that they require no equipment or equipment that is ordinarily available in quantities, may be used with large groups in mass formation; (2) Individual;—those contests which, requiring special equipment, can only be used singly or in small numbers. It so happens that the majority of our Individual contests are incidentally spectacular in type. Therefore, it is possible, if one chooses, to call these same divisions, (1) Class contests, and (2) Exhibition contests. The first group can be used in everyday class work, the second for special shows, exhibitions and so on. In this volume the contests have been arranged on this basis, using the titles Mass and Individual.

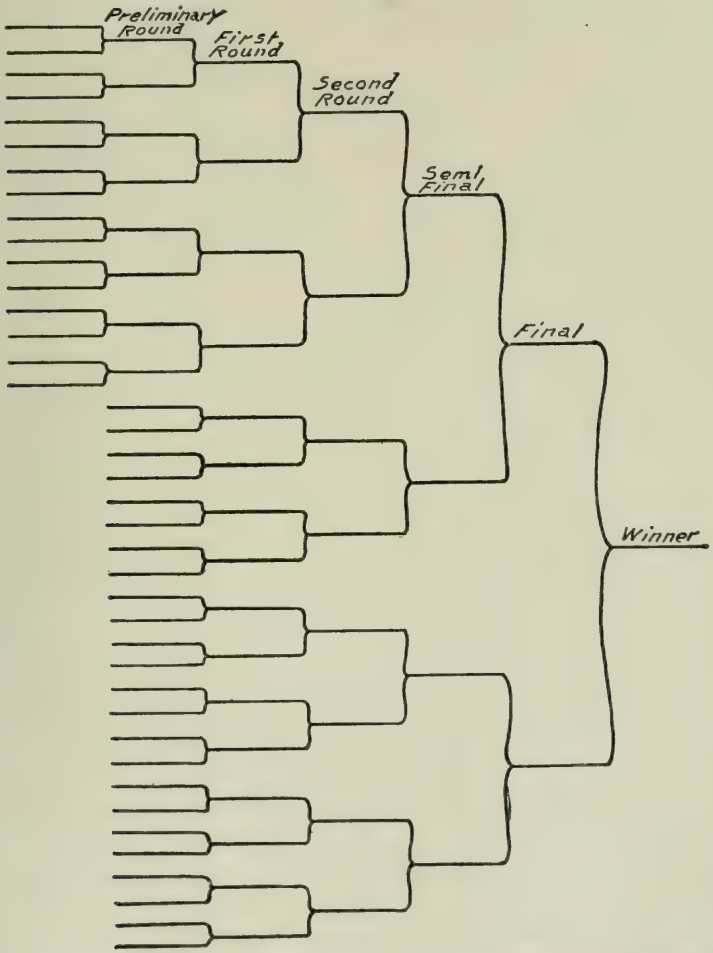
There are a number of ways in which these contests may be carried on competitively. For most class work the Instructor should use methods which get everyone into it. On the other hand it is a good idea to have the class sit down in a circle or stand on the side lines occasionally, while individual contests are staged. In the following pages the best of these methods are briefly outlined.

1. Tournament Method

The tournament method is the most elaborate and exact. For this reason it should only be used when the Instructor wants a high grade affair.

To conduct a competition of this kind the promoter assembles the names of the contestants entered and proceeds to reduce them to a number that can be properly handled on a tournament schedule. This is done by a system of drawing, called drawing byes. The simplest method for doing this is as follows: to start a tournament properly the number of contestants must be four, eight, sixteen, thirty-two, sixty-four, or a hundred and twenty-eight. If the number entered is not one of these it must be reduced to one of them.

For purpose of illustration let us assume that the number of entries is forty. This number must be reduced to thirty-two. It would not be fair to drop eight men from the competition altogether, so the proper method is to have sixteen compete to eliminate this number. All of the contestants draw lots to determine who the sixteen are that are to compete. This may be done by putting the names of all the contestants in a hat and the first sixteen to be drawn are the ones who compete in the preliminary elimination. The other twenty-four draw byes. The entire group is then placed on a tournament sheet similar to the accompanying diagram. The winners of each round of contests meet in succeeding rounds until the final winner is determined.



The winner in the finals is the champion; the loser in the finals is given second place. If it is desirable to determine third and fourth places the losers of the two semi-final matches may be matched; the winner is given third place and the loser fourth.

The tournament sheet should be posted and the contestants arrange for their own individual meetings. Tournaments of this kind should have official referees present at every engagement. Where the contestants meet by individual appointment they may be allowed, if they mutually agree, to furnish their own referee. (Where the contest is of such a nature that a referee is unnecessary that individual, of course, may be dispensed with.) Full rules and regulations should be posted with the tournament sheet. The most practical events for a tournament of this sort are:

1. Boxing.
2. Wrestling.
3. Foil Fencing.
4. Spot Wrestle.
5. American Wrestle.
6. Duelling Swords.
7. Modified Catch as Catch can Wrestle.
8. Sparring Struggle.
9. Standing Struggle.
10. Broad Sword Fencing.
11. Single Stick.

2. Simplified Tournament Method

This method of conducting a combative contest meeting is in every way identical with the tournament method excepting that the competition is completed at one mass meeting. To conduct a tournament of this kind arrange the players in line (single or double) and count the number. Unless the number of contestants is exactly four, eight, sixteen, thirty-two, sixty-four, or one hundred and twenty-eight, as explained before under the outline of the tournament method, the number must be reduced to one of these figures before the tournament proper can begin. This may be readily done by selecting the proper number from one end of the line and having them compete.

The quickest way to determine how many are to take part in the preliminary elimination round is to figure out how many players there are over the desired number and multiply this number by two. When this elimination is completed the number left will be correct. For purposes of illustration let us say we have nineteen players. We must reduce this number to sixteen. We have three too many. Three times two is six. Six compete. Three are eliminated, leaving sixteen.

Assuming the number is reduced to sixteen, these players then enter into the regular rounds of competition. For this purpose they are divided into two groups of eight each and the players matched. The eight winners of this group are in the same way reduced to four, to two, and then to one. The final winner becomes the Champion.

The method for carrying on the competition is as follows: Arrange the group in a line of double ranks. Describe and demonstrate the contest to be used. Explain that each man in the front rank is to compete against the man just behind him in the rear rank. Conduct the first series of contests;—the preliminary elimination series, if there is one. In those contests, where it is feasible, have the contestants act as judges for their own bouts. If this isn't satisfactory have alternate pairs compete and alternate pairs judge. When they have finished those who judged, compete, and those who competed, judge. To avoid wasting time set a time limit of one or two minutes; bouts not finished in this time are awarded to the most aggressive player. The losers are eliminated and go to the opposite side of the field. The winners are placed in a line of double ranks as in the beginning. The next series of bouts is then immediately started. In this way the competition is continued until the finals have been concluded.

1 2 1 2 1 2 1 2 1 2 1 2 Rear Rank

Front Rank

Ones compete
Twos judge } then reverse

Eliminated, etc.

The following events may be very satisfactorily carried on by this method; each pair judging their own contest.

1. American Wrestle
2. Breaking Arms.
3. Cat Fight.
4. Drake Fight.
5. Drag out of the Gap.
6. Elbow Struggle.
7. Hand Push.
8. Hand Wrestle.
9. Hat Sparring.
10. Knee Slap.
11. Knock over Club.
12. Lame Duck Fight.
13. Lifting Contest.
14. Line Pull.
15. Linked Fingers Struggle.
16. Locked Knees Struggle.
17. One Hand Dumb-bell Pull-away.
18. One Leg Combat.
19. One man Pull.
20. One man Push.
21. One leg Tug.
22. Rooster Fight.
23. Sitting Pull.
24. Stick Balancing.
25. Stick Wrestle.
26. Stick Turn.
27. Stork Wrestle.
28. Turn-Over.

The following contests are best carried on by having alternate pairs competing and alternate pairs judging.

1. Back to Back Lift.
2. Back to Back Push.
3. Back to Back Stick Pull-away.
4. Back to Back Single Stick Pull.
5. Back to Back Tug.
6. Cheek mark Sparring.
7. Grecian Wrestle.
8. Indian Wrestle.
9. Modified Catch-as-Catch-Can.
10. Roman Wrestle.
11. Toe Tap.
12. Sparring Contest.
13. Standing Struggle.
14. Stepping on Toes.
15. Stick Push and Pull.
16. Two Stick Hand Struggle.

3. Intergroup Championship Method

This method is essentially an enlargement on the tournament scheme. It is especially effective where units exist within units. The military organization of squads, platoons, companies, etc., is ideal for this type of meet. The method of carrying on an Army meet is as follows: By the tournament method determine the squad championships. By the same method, using squad champions only, determine the platoon championships. Following this principle, the scheme may be carried through Company, Battalion, Regiment, and Division;—champions in one unit compete for the championship of the next larger unit. This kind of meet may be carried on informally or it may be carried on very elaborately. Squad and platoon championships may be quite informal while Company, Battalion and other championships may be made "an affair."

This method may be used with a regular gymnasium class in the following manner: Let us assume there are thirty-two in the class. Divide the class into four groups of eight each. Appoint one member of each group Captain. Place the four groups in the four corners of the gymnasium. Describe and demonstrate the contest to be used. Each group then, under the direction of its Captain, carries out a separate elimination contest. This is best done by the simplified elimination method. When all have finished, the four winners (one from each group) are assembled in the center of the floor. These contestants are then put through a semi-final round. The two who lose are matched to determine third and fourth places; the two who win are matched to determine first and second places.

The above method may be further elaborated into a team affair of six or eight events. Each event is carried out exactly as outlined. Score each team according to the place it secures in the finals, four, three, two and one, for first, second, third, and fourth places. At the finish the teams are rated according to their total points. With the average gymnasium class of thirty or forty members, six events may be handled in this way in a forty-minute period. It requires efficient management, but it can be done. The score may be kept on the floor with chalk. The following diagram shows how a score of this sort would appear:

Event	A	B	C	D
Hand Wrestle	4	2	3	1
American Wrestle	1	4	3	2
Elbow Wrestle	4	3	2	1
Rooster Fight	1	2	4	3
Lame Duck Fight	1	2	3	4
Palm Push	3	2	1	4
Back Lift	1	4	3	2
Lifting Contest	2	4	3	1
Total Points	17	23	22	18
	4th	1st	2nd	3rd

The events recommended for the Simplified Tournament method are also recommended for use with this method.

4. Team Line Method

To use this method divide the group into two teams of equal numbers and arrange them in parallel lines, thirty or forty feet apart, facing each other. Number the contestants of each team consecutively, one team from left to right, and the other from right to left, so that contestants with the same number stand opposite each other. It is best to arrange the players in the two lines so that contestants of the same size are opposite each other. By having the men line up on one side, according to size, and having them count off by twos, we arrive at a satisfactory arrangement—the ones constitute one team; the twos another. Instruct the players that the meet is a team competition—each successful contestant scores one for his team. If the event used permits, and most of them do, the Instructor can have each pair judge their own bout. Another way to handle this situation is to have the odds compete and the evens judge and reverse this order. When everything is ready explain and demonstrate the contest. When this has been completed march both teams to the center of the field. Explain that as each pair ends their contest each player returns to his starting position. Then, using a whistle, start the bouts. If time is limited set a time limit of one, two or three minutes (not longer than three minutes) and at the end of this period blow a whistle announcing that time is up. Unfinished matches become "draws." Or perhaps better than this the Instructor can let the matches continue until there are only a few left which give the appearance of being long continued when he can arbitrarily call time. The team winning the greatest number of contests, wins the meet.

A simple way to determine which team is the winner is as follows: At the close of the contests the two teams should be in line in their original positions. Ask those who won in team "A" to hold one hand aloft. Count the hands. Repeat with team "B." Those players whose matches ended in "draws" keep their hands down. Announce the winner.

Team A

1	2	3	4	5	6	7	8	9	10	11	12
Won		Won	Won	Draw		Won	Won		Won	Draw	

1	2	3	4	5	6	7	8	9	10	11	12
	Won			Draw	Won			Won		Draw	Won

Team B

Results: Team A, six wins; team B, four wins. Team A is the winner.

Under efficient management ten contests may be carried on in a half-hour program. If a full period is devoted to this sort of work it may be made more interesting by keeping the number of times each team wins. Or the total number of wins of each in all of the contests may be kept. This record may be chalked on the floor. The score kept for both of these methods is something as follows:

Fourteen men on a team; ten events.

First Method				Second Method		
	A	B	Event	A	B	
	1		Stick Wrestle	7	6	1 draw
		1	Stick Turn	4	10	
	1		Single Stick Pull	8	5	1 draw
	1		Toe Tap	8	4	2 draws
	1		Sitting Pull	8	6	
		1	Hand Wrestle	3	10	1 draw
	1		Indian Wrestle	9	5	
Tie			Back to Back Lift	7	7	
		1	Palm Push	5	9	
		1	Stepping on Toes	10	2	2 draws
	5	4		69	64	
	1st	2nd		1st	2nd	

All of the contests included in the chapter on Mass Contests may be used in this method of competition.

5. Team Number Method

Divide the group into two teams of equal numbers and arrange them in separate lines, facing each other on opposite sides of the playing area. Appoint a captain for each team and have each number the players of his team, giving them consecutive numbers. This numbering should be done secretly so neither team knows what the other team players' numbers are. Then describe and demonstrate the contest to be engaged in. Call a number (Seven, for instance). The two players (one from each team) with that number come forward and engage in the contest. When the contest has been decided the two players return to their respective places. Call another number and the two players with that number repeat. This continues until all of the players have been called. The team winning the greatest number of contests wins the competition. This may be determined as in the previous method by a showing of hands.

This method of conduct is not well adapted for use during an entire period; the individual members of the class do not get enough action. It offers a splendid means of recreation at the close of a period, however. With an average class of thirty or forty members ten minutes should suffice to complete one event.

In view of the fact that in this method of conduct the individuals compete but one pair at a time, any of the contests may be used, but because it is only under these conditions that the so-called Individual type of a contest can be used, this type should be given preference. Inasmuch as the larger players will be matched against the smaller ones, it is better to use contests of skill rather than contests of strength. The following are especially recommended:

1. Bar Boxing
2. Circle Ball Bounce
3. Club Snatch
4. Pillow Fight on Bar
5. Squat Rope Jerk
6. Tap Overboard
7. Cheek-mark Sparring
8. Hat Sparring
9. Knee Slap
10. Stepping on Toes
11. Stick Balancing
12. Toe Tap
13. Turn Over

6. Team Continuous Elimination Method

Divide the group into two teams of equal numbers, and arrange them in separate lines, facing each other on opposite sides of the playing area. Appoint a captain for each team and have each number off his players consecutively from left to right. The contestants are to compete in the order numbered. Then describe and demonstrate the contest to be engaged in. Place the first player of each team in the contesting zone—this usually is in the center of the field. Signal the first contestant of each team to begin the contest. While the first match is going on, the second contestant from each team comes forward and stands on the edge of the contesting zone. As soon as the match is decided the loser withdraws. Immediately, as either of the first contestants loses the contest the team mate of the loser steps forward and takes up the contest with the winner. As the second player steps forward to combat the winner, the third player takes his position on the edge of the contesting zone. One player of each team is always engaged in the contest and one is always on the edge of the contesting zone ready to step into the fray when his team mate is eliminated.

By this method of competition one strong or skilled contestant may eliminate four or five opponents and finally be eliminated himself by a comparatively weak opponent, due to his own weakened condition. The secret of success in using this method lies in keeping the affair going with the smallest interval possible between contests. As soon as one contestant is eliminated the next should hustle in and start at once. Any contestant failing to take up the contest at once should be eliminated peremptorily and his successor ordered to take his place. By standing near the point of contest the Instructor can control this readily. Upon elimination, whether put out by an opponent or put out by the referee for tardiness in taking up the contest, the contestants return to their original positions in the lines. The contests continue thus in rapid succession until one team is completely eliminated. The team which completely eliminates the other wins.

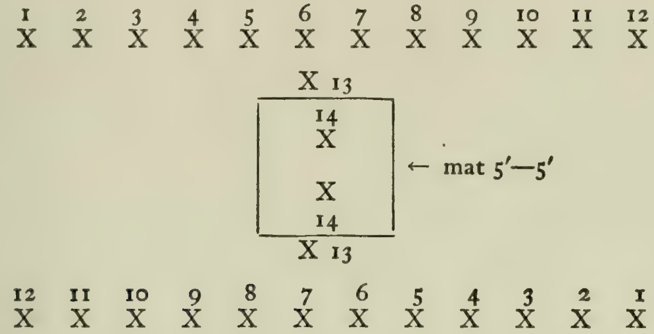


Diagram of arrangement for Spot Wrestle

When using this method contests, which involve very little space, very little preliminary arrangements, and are decided rather quickly are preferred. The following contests are the best:

1. Back to Back Lift
2. Drake Fight
3. Hand Wrestle
4. Hat Sparring
5. Knock Over Club
6. Lame Duck Fight
7. Lifting Contest
8. One Hand Dumb Bell Pull-away
9. One Leg Combat
10. Rooster Fight
11. Standing Struggle
12. Stepping on Toes
13. Stick Wrestle
14. Stork Wrestle
15. Ball Wrestle
16. Platform Jousting
17. Spot Wrestle
18. Step on Spot
19. Top Overboard

Any of the above contests may be completed with an ordinary gym class of thirty or forty members in two or three minutes. One trial decides each bout. The same contest may be used six or eight times for a twenty-minute period of much fun and much vigorous activity. One time start from one end of the line and the next time start from the other. Then have both teams start from the same ends; then the other. Then have the players take new positions and start over. The following diagram illustrates these arrangements:

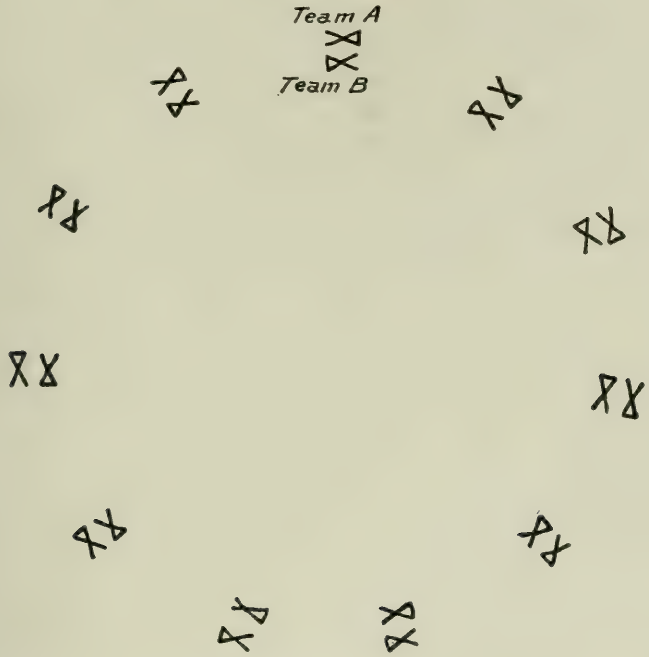
Team A
$^{1}X_{3}$ X X X X X X $_{4}X^{2}$

$^{2}X_{3}$ X X X X X X $_{4}X^{1}$
Team B

7. Team Circle Method

Divide the group into two teams of equal numbers and arrange them in a double circle, players facing in opposite directions; one team, forming the inside circle, faces to the left; the other team, forming the outside circle, faces to the right. Describe and demonstrate the contest to be held. Then ask the two teams to march around in a circle, each moving in the direction they are facing. At signal (preferably a whistle) both teams halt; each contestant immediately matches up with the member of the opposite team closest to him. Stray members should find opponents at once. Set a time limit of one minute. Each pair of contestants do their own judging. Signal for the bouts to begin. If the bouts have not been decided by the expiration of one minute, call time; unfinished bouts become draws. Another way to handle this is to let the contests continue until they have simmered down to one or two matches which look as though they would be prolonged and then arbitrarily call "Time." Unfinished bouts are draws. At the finish of all of the engagements or on the calling of time determine the number of matches won by each team and announce the winner. This may be done merely by a showing of hands.

A good way to use this method consists of putting the group in a double circle and then have them repeat a contest eight or ten times. Have them do it once. Decide and announce the winning team. Have the players march forward; after they have taken ten or fifteen steps, halt them. On halting each matches up with the nearest opponent. Stray members should find opponents. When all are ready signal for the matches to start. When this match is finished all are marched forward again. This may be continued for eight or ten times. By marching about this way each contestant will meet seven or eight different opponents. The Instructor may keep a record of the number of times each team wins. The team which has the greatest number of successful innnings wins. Eight bouts should not take longer than fifteen minutes.



Another variation of this method consists of having each contestant of each team compete against each contestant of the opposing team. To do this the two teams are placed in concentric circles as just outlined, but in this case the members of the two circles face each other; each contestant facing an opponent. The first match is conducted. On its conclusion each member of the inside circle moves one place to the right around the circle. The members of the outside circle remain in place. The second series of matches are conducted. The inside circle moves one place to the right again. And so on this continues until the inside circle has moved completely around.

When this variation is used it is interesting to have each contestant keep a record of the number of matches won. At this finish have "Those who won one match raise their hands." "Those who won two matches raise their hands." "Those who won three matches raise their hands." In this way continue to the limit of the matches. By doing this the Champion and the "Dub" may be determined. Twenty-four is the largest number that should take part in an affair of this sort; this makes two teams of twelve on a team, thus providing about as much work as the average group can absorb. If there are thirty or forty present, make two separate groups of two teams each. Match the two Champions in a final bout.

In view of the large number of contests which are engaged in in a short space of time it is best to use those which are only moderately vigorous. If the more vigorous type of a contest is used limit each match to but one bout. In either case it is best to put a time limit of one minute on each set of bouts. This does not have to be given exactly but may be estimated by the Instructor. The following contests are particularly recommended for this type of program.

1. Back to Back Lift
2. Back to Back Stick Pull-away
3. Drake Fight
4. Hand Push
5. Hand Wrestle
6. Knock Over Club
7. Lifting Contest
8. Linked Fingers Struggle
9. Locked Knees Struggle.
10. One Hand Dumb-bell Pull-away
11. One Leg Combat
12. Rooster Fight
13. Stepping on Toes
14. Stick Wrestle
15. Stick Turn

8. Team Circle Elimination Method

The preliminaries for this type of a meet are the same as outlined for the "Team circle method." In carrying on a "Team circle elimination meet" those who lost in the first match withdraw from the circle and those who win form again, each man in his own respective circle, facing in the original direction. The teams are moved forward again, halted and each contestant matches up with the nearest member of the opposite team. Losers of these matches, as before, drop out; the winners reform and repeat the same tactics. This continues until one team is completely eliminated; the other team is the winner.

When one circle has a larger number of members than the other (and this is most always the case after the first contest), all of the winners march about just as though the teams were of equal size. Those who do not find opponents in a given match stay in their circle until after the match, when the new winners rejoin them and they all march about again. In other words a contestant does not drop out until he is eliminated.

The contests recommended for the preceding method of conduct may be also used here.

Suggestions for Teachers

Combative contests may be used either at the end of the gymnasium or playground session for a period of five, ten, or fifteen minutes or they may be used for an entire period of thirty, forty, or fifty minutes. In the first instance from one to five contests may be staged, depending on the type of contest and the method of competition; in the second case anywhere from two to fifteen may be used.

The Instructor may use the same contest throughout the session by changing the contestants after each match. Or he may have the contestants remain the same throughout and change the contest after each match. When an entire session is devoted to this type of work it is an excellent idea to use mass contests for the bulk of the period and then close with a brief period of individual contests.

In conducting combative contests, as with any form of physical training or athletic activity, the key to success is "action, action, action." Keep the contests going with as little wasted time as possible. Cut the talk down to the very minimum.

Combative contests are of necessity carried on very informally. In addition they are usually of a rough, boisterous nature. The combination of these two conditions has the effect of producing disorder and confusion in the class. This condition, however, should not be tolerated. No class can be a success if rowdyism and "rough house" is allowed. Class control is every bit as essential in the conduct of this sort of work as in any other sort. Under the conditions which always accompany the conduct of this sort of work the Instructor must watch the group constantly for breaches of discipline and check all disorder at its first appearance and handle the group at all times with a firmness that is unquestioned.

To introduce a contest, name it, put the class in formation, explain it, demonstrate it and ask for questions. Settle any uncertain points and then start action immediately. All of this should be done with the greatest possible speed.

Many of the contests may be judged by the contestants themselves. When conducting a mass program let these contests be judged this way. If it is necessary to use an outsider to judge the contests let alternate matches be staged and the players between act as judges. When they have been completed those who acted as judges compete, and those who competed act as judges.

Many of the contests use only one side, either the left foot or right foot or left hand or right hand. The Elbow Wrestle, One Leg Combat, Stork Wrestle, Hand Wrestle, Rooster Fight, and Lame Duck Fight are examples. The contests may be effectively and interestingly varied by using the other side—the other leg or other hand.

CHAPTER XII

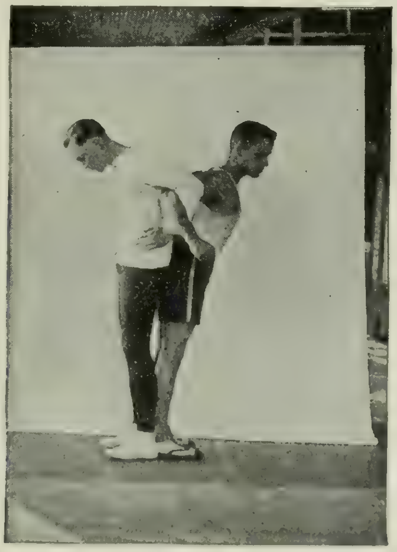
MASS COMBATIVE CONTESTS

American Wrestle

Place two contestants so they stand facing each other with chests touching. Have each place his left arm over the opponent's shoulder, his right arm about the opponent's waist and clasp his two hands behind the opponents' back. At signal, each contestant attempts to get in back of his opponent with his arms encircling the opponent's waist. After the signal has been given the original hold may be broken. Either contestant, securing his opponent about the waist from behind, whether standing, sitting, lying, or kneeling, wins the bout. Three bouts constitute a match; the contestant successful in two is the winner.

Back to Back Lift

Place two contestants standing back to back with elbows linked. At signal, each, by pulling and bending forward, attempts to lift



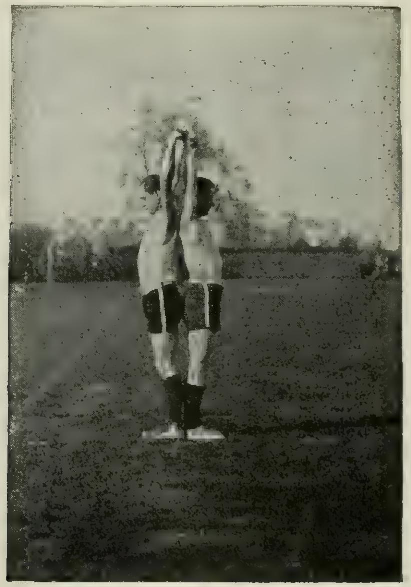
the other off the floor. Either contestant lifted off the floor loses the bout. Three bouts constitute a match. The contestant successful in two is the winner.

Back to Back Push

Place two contestants standing back to back with elbows locked. Establish a line ten feet in front of each contestant. At signal each, by pushing backward, attempts to push the other over his (the opponent's) base line. The contestants are not allowed to lift and carry their opponents—pushing only is permitted. Either contestant pushed over his own base line loses the bout. Three bouts constitute a match. The contestant successful in two is the winner.

Back to Back Stick Pull-away

A stick three feet long and an inch in diameter is necessary for this contest. Place two contestants standing back to back, both holding the stick with both hands overhead. At signal, each attempts to pull the stick down in front of his chest, thus taking it away from his opponent. The contestant forced to release his grasp on the stick loses the bout. Three bouts constitute a match. The contestant successful in two is the winner.



Back to Back Single Stick Pull

A stick three feet long and an inch in diameter is necessary for this contest. Place the two contestants standing back to back, holding the stick with both hands between them. Establish a line midway between the two contestants—this is the base line. At signal, each attempts to pull the other over the base line. Either contestant pulled over his opponent's base line loses the bout. Three bouts constitute a match. The contestant successful in two wins.

Back to Back Tug

Place two contestants so they stand back to back with both arms linked at the elbows. Establish a line ten feet in front of each contestant. At signal, each contestant attempts to drag the opponent over his base line. Lifting and carrying of the opponent are permitted. The contestants must maintain their original positions with arms linked. Either contestant carried across his opponent's base line loses. Three bouts constitute a match; the contestant successful in two wins.

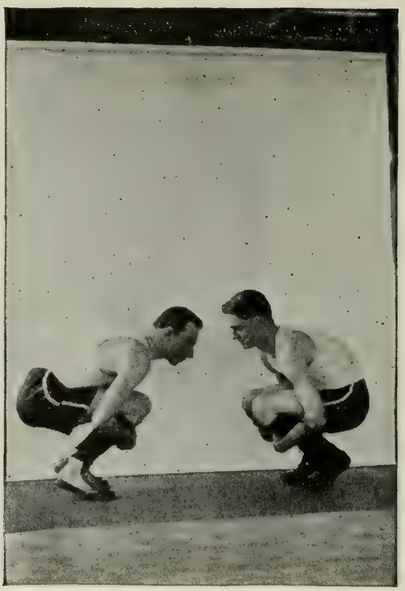
Breaking Arms

Place two contestants facing each other at a distance of three feet. Have each contestant make a circle with his arms, each clasping his own hands within the circle created by the opponent; the arms are linked together like the links of a chain. At signal, each contestant attempts to break his opponent's linked arms. Twisting, jerking, pulling, turning, and so forth, tactics which do not involve bodily harm are permissible. The contestant compelled to separate his hands loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Cat Fight

Two sticks an inch in diameter and three feet long are necessary for this contest. Place two contestants facing each other at a distance of four feet. Give each contestant a stick and have each put it behind his knees and over his forearms, at the same time clasping his legs just below the knees. At signal, each contestant hops toward his opponent, attempting by bucking, sidestepping and so on to overbalance his opponent. Either contestant forced to touch any part of his body other than his feet to the ground loses the bout.

Three bouts constitute a match; the contestant successful in two wins.



Cheek-mark Sparring

Place two contestants facing each other at a distance of five feet. Have each put chalk or coal dust on the palm sides of their fingers. At signal they start sparring, each attempting to make a mark on both of the opponent's cheeks. Holding, pushing and so on are barred as illegal tactics; any contestant doing any of these things forfeits the match. The contestant who succeeds in marking both of the opponent's cheeks first wins the bout. Five bouts constitute a match. The contestant successful in three bouts wins the match.

Drake Fight

Place two contestants facing each other at a distance of four feet. Have each contestant lean forward and grasp his ankles with both hands. At signal, each moves forward and by butting, shouldering and sidestepping attempts to compel the other to fall over or release his hands. Either contestant falling over or releasing either hand loses the bout. Three bouts constitute a match; the contestant successful in two wins.

Drag Out of the Gap

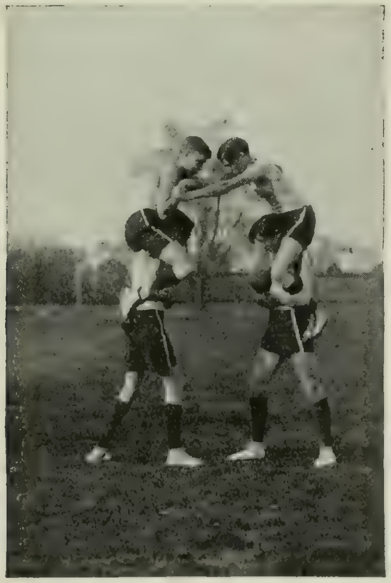
Establish two parallel lines ten feet long and twenty feet apart. Place two contestants midway between the two lines, facing each other at a distance of three feet. The line in back of each contestant is that player's base line. At signal, each contestant attempts to pull, push, or carry his opponent across his opponent's base line. The contestant successful in doing this wins the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Elbow Struggle

Place two contestants on opposite side of a narrow table or lying on their stomachs, facing each other. Have the contestants place their right elbows on the table surface (or ground) so the points of the elbows touch, and clasp hands. At signal, each contestant attempts to force his opponent's hand over backward (laterally). The elbow must be kept on the table surface in its original position throughout the contest. The contestant forced to touch the back of his hand to the table surface loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Grecian Wrestle

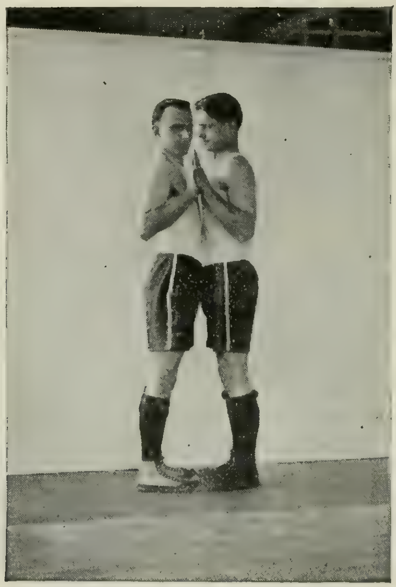
Two teams of two players each take part in this contest. Place the two teams facing each other. Have one player of each team



sit on the shoulders of the other player with his legs wound around the supporting player's back. At signal, the two "Horses" move forward so the "Riders" can reach each other. Each "Rider" attempts to overthrow his opponent. The "Horses" are not allowed to help the "Riders" in any way nor to interfere with each other; their sole duty is to hold the "Riders." The "Riders" are allowed to use any fair wrestling tactics; they are not allowed to touch each other's "Horse." Either "Rider" forced to touch the floor in any way (either forced down himself or overthrown with his "Horse") loses the bout. If the two "Riders" go down together, the one touching the floor first loses. Three bouts constitute a match; the contestant successful in two bouts wins.

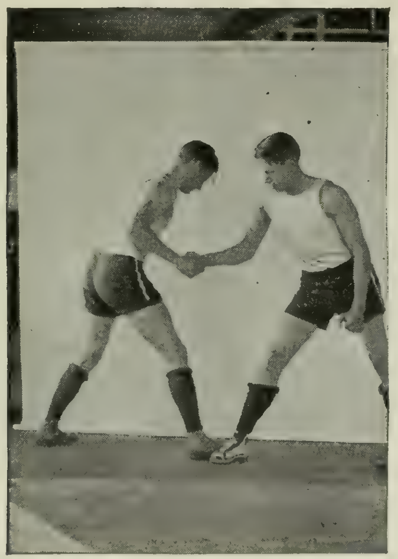
Hand Push

Place two contestants so they stand toe-to-toe, facing each other with feet spread twenty inches. Have each raise both hands and place them against the palms of the opponent on a level with the shoulders. At signal each contestant pushes against the hands of his opponent, attempting to make him step back. Either contestant stepping backward loses the bout. Five bouts constitute a match; the contestant successful in three wins.



Hand Wrestle

Place two contestants so they stand with feet firmly spread in the stride position; each contestant with his right foot forward, touching the outside of his opponent's foot. Have the contestants grasp right hands. At signal, each attempts by pulling, pushing, turning and twisting of hands, to overbalance his opponent or compel him to move either foot from its original position. The left hand must not be used against the opponent. Either contestant forced to touch the ground with any part of his body other than his feet, or forced to move either foot loses the bout. If the contestants break their grasp they rejoin hands at once. Five bouts constitute a match; the contestant successful in three wins.

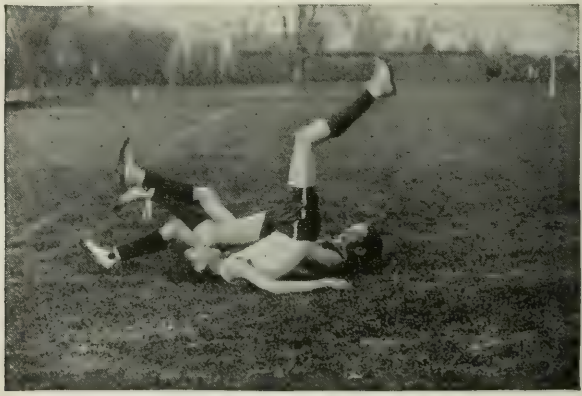


Hat Sparring

This contest requires the participants to wear their hats. The hats should be worn loosely and not pulled down on the head. Place two contestants so they stand facing each other in the sparring position. At signal, each contestant attempts by the use of sparring methods to knock off his opponent's hat. In this contest roughness, clinching, and similar tactics are barred—the sparring should be done with the open hand. Either contestant having his hat knocked off, or having it fall off, loses the bout. A player is not allowed to touch his own hat with his hands after the bout has started. Three bouts constitute a match; the contestant successful in two wins.

Indian Wrestle

Place two contestants side by side, lying on their backs, with heads in opposite directions; each contestant's head resting at a point just opposite his opponent's buttocks. Have each contestant place his inside arm straight down by his side with his hand on his opponent's shoulder. Have the contestants place their outside hands on their hips. At signal, each contestant lifts his inside leg (knee stiff) to a point just beyond the vertical, hooks *ankles* with his opponent and attempts to roll his opponent over backward. Either contestant rolled backward loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.



Knee Slap

Place two contestants standing facing each other at a distance of five feet. At signal, each attempts to slap one of the opponent's knees with one of his hands. In doing this the contestants use sparring tactics, feinting, sidestepping, blocking and so on. The contestants may move above as they wish, but they are barred from clinching and holding each other. The contestant successful in slapone of his opponent's knees first wins the round. Three rounds constitute a match; the contestant successful in two rounds wins.

Knock Over Club

Set an Indian Club on end. Place two contestants facing each other on opposite sides of the club, each holding the other by the shoulders. At signal, each attempts to force the other to knock over the club. Pulling, pushing, twisting, tripping and so on may be used; unnecessary roughness should be avoided. Either contestant knocking over the club, either through being forced to or by accident, loses the bout. If both hands become separated at any time, the bout is restarted in its original position.

Lame Duck Fight

Place two contestants so they stand facing each other at a distance of five feet. Have each stand on the right foot and hold the left foot in front with both hands. At signal, each contestant attempts through bucking, sidestepping, feinting and so on to overthrow his opponent or make him release his grasp on the uplifted foot. Either contestant falling to the floor or releasing either or both hands from the uplifted foot loses the bout. Five bouts constitute a match; the contestant successful in three is the winner.

Lifting Contest

Place two contestants so they stand facing each other with chests touching. Have each contestant place his left arm over the opponent's shoulder and his right arm about the opponent's waist and clasp hands behind the opponent's back. At signal, each contestant attempts to lift his opponent from the ground. The original hold may be broken after the signal to start has been given. The contestant lifted clear from the ground loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Line Pull

Establish a line ten feet long. Place two contestants facing each other on opposite sides of the line. Have the two contestants join right hands over the line. Each then grasps his opponent's right wrist with his left hand. At signal, each contestant attempts to pull his opponent across the line. If the hands are separated they should be rejoined as in the beginning. Either contestant pulled wholly across the line loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Linked Fingers Struggle

Place two contestants facing each other at a distance of four feet. Have them link fingers (knuckles up), each linking his right hand with the left hand of his opponent. The hands should be held shoulder high. At signal, each attempts to bend his opponent's wrists back to force him to the floor. Either contestant forced to touch the floor with his knees, or forced to yell "Enough," loses the bout. Three bouts constitute a match. The contestant successful in two is the winner.

Locked Knees Struggle

Place two contestants standing side by side with feet spread so the backs of their inside knees touch. Have each place his inside arm across the chest of his opponent. The outside arm should be held at the side. At signal, each, keeping his feet in place and using the right arm only, attempts to force the other backward across his knee. Either contestant moving either foot or falling over backward loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins the match.

Modified Catch-as-Catch-Can Wrestle

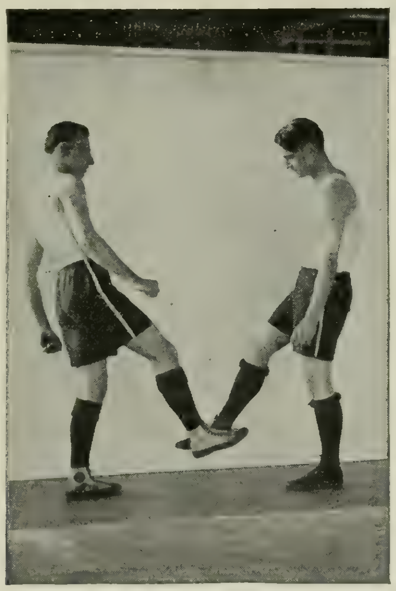
Place two contestants facing each other at a distance of four feet. At signal, each contestant advances and attempts to throw his opponent and force him to touch some point of his back to the floor. Any tactics, fair in amateur wrestling, are allowed. The contestant's back has only to touch the floor momentarily to lose, (rolling on the back, for instance, counts a fall). Either contestant forced to touch any part of his back (from waist to shoulders) to the floor loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

One Hand Dumb Bell Pull-away

Place two contestants facing each other at a distance of four feet. Have each contestant grasp one end of a dumb bell with his right hand. At signal, each contestant attempts to wrest the dumb bell from his opponent's grasp. Any fair tactics such as jerking, twisting, pulling, and pushing are allowed. The left hand should not be placed on the bell nor used against the opponent in any way. Either contestant releasing his hold on the dumb bell loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

One Leg Combat

Place two contestants so they stand facing each other at a distance of five feet. Have each stand on the right foot, raise the left foot forward, and clasp his hands behind his back. At signal, each contestant hops forward, and using his free leg, attempts to overbalance his opponent so that he (the opponent) falls over or is compelled to put his free foot on the ground. Kicking and similar rough tactics are not allowed. Either contestant who puts his uplifted foot on the floor or falls over loses the bout. Three bouts constitute a match; the contestant successful in two bouts is the winner.



One Man Pull

Place two contestants so they face each other at a distance of three feet. Establish a line ten feet in back of each contestant; the line in back of each contestant is that contestant's base line. Have each contestant grasp his opponent's two wrists with his own hands. At signal, each contestant attempts to pull his opponent back across his base line. Either contestant pulled across his opponent's base line loses. The contestants must not grasp each other except by the hands and wrists. In case the hands become separated they should be rejoined as in the beginning at the point of separation. Three bouts constitute a match; the contestant successful in two bouts wins.

One Man Push

Place two contestants so they face each other at a distance of three feet. Establish a line ten feet in back of each contestant; the line in back of a contestant is that contestant's base line. Have each contestant place his hands on the shoulders of his opponent. At signal, each contestant attempts to push his opponent back across his opponent's base line. Only straight pushing is allowed. Either contestant pushed across his own base line loses the bout. Three bouts constitute a match; the contestant successful in two wins.

One Leg Tug

Place two contestants facing each other at a distance of five feet. Establish a base line ten feet behind each. Have each contestant stand on his right foot and grasp his opponent's right hand; then using his left hand, clasp his opponent's right wrist. At signal each contestant attempts to draw his opponent across his base line. Any tactics which do not involve the use of the body, the free hand, or the free foot may be used. Either contestant pulled across his opponent's base line loses the bout. Putting down the free foot or falling over, although not the object of the contest, also scores a lose. Five bouts constitute a match; the contestant successful in three bouts wins.

Roman Wrestle

Two teams of two players each take part in this contest. Have one player of each team sit astride the hips of the other players and lock his feet in front. Place the two "Horses" facing each other at a distance of five feet. At signal, the two "Horses" move forward so the "Riders" can reach each other. Each "Rider" attempts to overthrow his opponent. The "Horses" are not allowed to help the "Riders" in any way nor to interfere with each other. Their only duty is to hold the "Riders." The "Riders" are allowed to use all fair wrestling tactics; they are not allowed to interfere with the "Horses." Either "Rider" forced to touch the floor in any way—either forced down from his "Horse," or overthrown with his "Horse," loses. If the two "Riders" go down together the one touching the floor first loses. Three bouts constitute a match; the contestant successful in two bouts wins.

Rooster Fight

Place two contestants so they stand facing each other at a distance of five feet. Have each stand on the right foot, clasp the left foot with the left hand, and place the right arm across the front and clasp the biceps of the left arm. At signal, each contestant hops forward, and attempts by bucking, sidestepping, etc., to overthrow his opponent or compel him to release his grasp on the upheld foot. The contestants are not allowed to use their left hands against each other. Either contestant committing any of these acts loses the bout. If both contestants commit any of them on the same occasion the one doing so first loses the bout. Five bouts constitute a match; the contestant successful in three is the winner.

Sitting Pull

A short stout stick is required for this contest. Place two contestants sitting on the ground, facing each other at a distance of about four feet. Have each bend his knees slightly and place the soles of his feet against those of his opponent. Have the two contestants grasp the stick in front, using both hands—one contestant should place both hands inside; the other contestant should place both hands outside. At signal each contestant attempts to pull his opponent to the standing position. Either contestant pulled to the standing position loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Sparring Contest

Place two contestants so they stand toe-to-toe with feet firmly spread in a stride position—right foot forward. At signal, each attempts by feinting, tapping and pushing to overbalance his opponent. Striking and rough tactics are forbidden. Either contestant, compelled to move either foot from its original position or touch the floor with any part of his body other than his feet, loses the bout. Five bouts constitute a match; the contestant successful in three wins.

Standing Struggle

Place two contestants so they stand close together facing each other. Have each contestant place his right hand about his opponent's neck and place his left hand on his opponent's elbow. At signal, each attempts to overthrow his opponent so he (the opponent) is compelled to touch some part of his body other than his feet (knee, hand, buttocks, back, etc.) to the ground. After the signal has been given the hands may be moved from their original positions. Any fair wrestling tactics may be used. Either contestant forced to touch the ground in this way loses. In case both contestants fall together the one touching the ground first loses. Three bouts constitute a match; the contestant successful in two wins.

Stepping on Toes

Place two contestants facing each other at a distance of four feet. At signal, each attempts through quick stepping and jumping to step on the toes of one of his opponent's feet. The hands should not be used against the opponent. The contestant who succeeds in stepping on the toes of one of his opponent's feet wins the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Stick Balancing

Two sticks three feet long and an inch in diameter are necessary for this contest. Place two contestants facing each other at a distance of ten feet. Give each contestant a stick and have him balance it on the palm of one hand. When both have the stick properly balanced, give the signal for starting. Each contestant then attempts to balance his stick longer than the other. After the signal to start has been given neither contestant should touch the stick with his free hand or move his feet. The contestant who drops his stick, touches it with the free hand, or move seither of his feet, loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Stick Push and Pull

A stick from three to six feet long is necessary for this contest. Have the two contestants stand facing each other at a distance of thirty inches; have one contestant step thirty inches to the right. Both stand with feet in a straddle position. Give the two contestants opposite ends of the stick and have them hold it chest high between them, each hold the stick with both hands. At signal, each by pushing and pulling forward and backward (not laterally), attempts to unbalance the other. Either contestant moving either foot, touching the floor with any part of the body other than his feet or releasing one or both hands from the stick loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Stick Wrestle

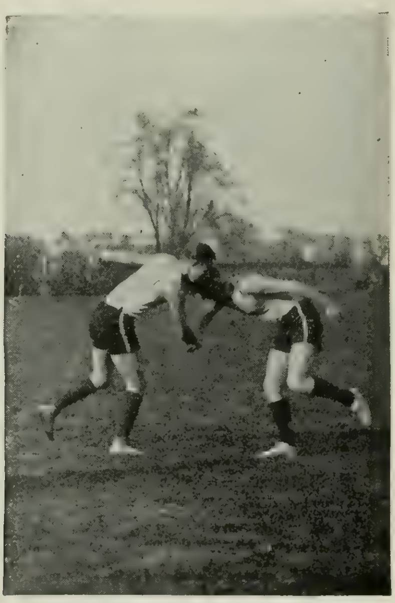
A stout stick from two to three feet long and about an inch in diameter is necessary for this contest. Place two contestants facing each other at a distance of four feet. Have each contestant grasp the stick with both hands. At signal, each attempts to take the stick from his opponent. Any fair tactics such as twisting, pulling and jerking, are allowed. If a contestant takes one hand off the stick he may put it back on as he chooses. The contestant successful in taking the stick away from his opponent wins the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Stick Turn

A stick from two to three feet long and from one to two inches in diameter, round and fairly smooth, is required for this contest. Place two players so they stand facing each other with their chests touching each other, holding the stick over head. Each holds the stick with both hands. (Have one player put both hands inside and the other player put both hands outside.) At signal the contestants slowly draw away from each other and bring the stick down between them; each attempting to turn the stick in his opponent's hands. The stick should be brought down very slowly and steadily. The contestant who permits the stick to turn loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Stork Wrestling

Place two contestants facing each other at a distance of three feet. Have each contestant stand on his right foot and clasp his opponent's right hand. At signal each contestant attempts, by pulling, pushing, twisting, and so forth, to overbalance his opponent, or compel him to put his free foot to the ground. Body-bucking is not allowed—the contestants may only use their one clasped hand in their effort to throw each other over. The contestant who forces the other to fall over or touch his raised foot to the ground loses the bout. Three bouts constitute a match, the contestant successful in two bouts wins.



Toe Tap

Two sticks three feet long and an inch in diameter are needed for this contest. Place two contestants facing each other at a distance of eight feet. Give each contestant a stick. At signal, each advances and attempts to tap the toe of one of his opponent's shoes with his stick. The contestants may jump, hop and leap about at will. A contestant may use his stick to fend off his opponent's stick but may not use his free hand in any way, either to fend off his opponent's stick or grasp him. "Cut and slash" tactics are not allowed; the contestants should fence for an opening and try to win by quick thrusts. Either contestant having the toe of either of his shoes tapped loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Two Stick Hand Struggle

Two sticks, a foot long and an inch in diameter, are necessary for this contest. Place two contestants facing each other at a distance of five feet, each holding opposite ends of the two sticks. At signal, each attempts to wrest the two sticks from the other. When one stick has been wrested away, neither contestant may use the freed hand on the other stick or against the opponent. Either contestant securing both sticks wins the bout. If each secures one stick, the bout is a draw. Three bouts constitute a match. The contestant successful in two is the winner.

Turn-over

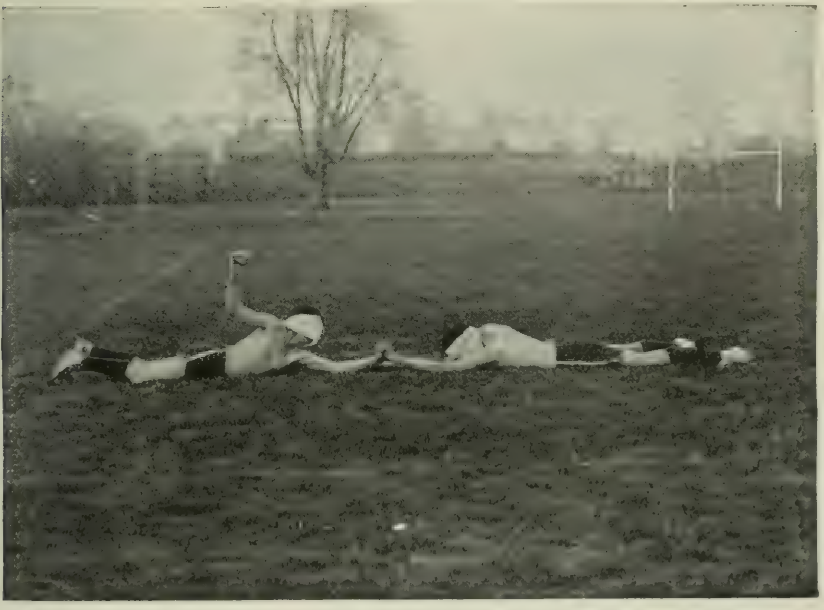
Two short sticks about three feet long and one inch in diameter are required for this contest. Place two contestants sitting on the ground, facing each other with toes touching. Have each contestant place a short stick under his knees, pass his arms under the stick and clasp his hands in front of his knees. At signal, each contestant attempts to get his toes under his opponent's toes and roll his opponent over backward. Either contestant rolled over loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

CHAPTER XIII

INDIVIDUAL COMBATIVE CONTESTS

Alternate Prone Swatting

Two cloths for blinding the eyes and two swatters are required for this contest. Place two contestants on their stomachs on the ground facing each other at a distance of three feet. Wrap both contestants' eyes so they cannot see. Place a swatter in each contestant's right hand and have each grasp the other's left hand. Designate one of the contestants "Mike," the other "Pat." Have Pat say: "Are you ready, Mike?" Mike answers "Sure, Pat," upon which Pat attempts to hit Mike with his swatter. Mike, retaining his grasp with Pat, attempts to roll over or move in such a way that Mike does not hit him. After Pat has made his attempt the two contestants assume their first positions and Mike says "Are you ready, Pat?" and so on. The two contestants carry out the



procedure as just outlined, excepting that this time the rôles are reversed. Ten swats by each contestant constitute a bout. Award each bout to the contestant making the largest number of successful swats. Three bouts constitute a match; the contestant successful in two wins.

Ball Wrestle

Place two contestants facing each other at a distance of three feet. Give them a large ball (medicine, basket, soccer) which they hold chest high between them, each contestant having both hands on the ball. At signal, each attempts to take the ball away from the other. Any fair tactics are allowed. The contestant who succeeds in securing the ball so no part of the opponent's body touches it wins the bout. Three bouts constitute a match; the contestant successful in two wins.

Bar Boxing

A horizontal bar from three and one half to seven feet from the ground and a set of boxing gloves are required for this contest. Have two contestants put on the gloves and sit astride the bar, facing each other. At signal, the contestants start boxing, each attempting to knock his opponent so he rolls under the bar. Pushing, clinching, etc., are not allowed; hitting with the gloves is the only procedure permitted. The contestant may, at his will, hold onto the bar with either or both hands. Either contestant falling over from his upright position, loses the round. Five rounds constitute a match; the contestant successful in three rounds wins.

Barrel Boxing

A set of boxing gloves and two barrels are needed for this contest. Place the two barrels close together. Have two contestants put on the gloves and then have each get into a separate barrel. At signal the contestants box, each attempting to knock over his opponent, barrel and all. A contestant is not allowed to place his hands on the opponent's barrel. Pushing, likewise, is not allowed. Either contestant knocked over by his opponent loses the round. Five rounds constitute a match; the contestant successful in three rounds wins.

Battle of Knights

A set of boxing gloves is required for this contest. Two teams of two players each take part in this contest. Place the two teams so they face each other at a distance of five feet. Have one player of each team sit astride the hips of the other player, winding his legs about the under player's waist, locking his feet in front. Have the "Riders" put on the boxing gloves. At signal the two "Horses" move forward so the two "Riders" can box. The "Horses" are not allowed to interfere with each other or with the opposing "Rider," their sole duty is to hold up the "Riders." Dislodging a "Rider" from his "Horse" or upsetting both "Horse" and "Rider" constitutes a round. Three rounds constitute a match; the contestant successful in two rounds wins.

Blindfold Boxing

Two cloths for blinding the eyes and a set of boxing gloves are required for this contest. Have two contestants put on the gloves. Put the blinds over their eyes. Place the contestants facing each other at a distance of four feet. At signal, the contestants search for and attempt to hit each other. Each bout lasts two minutes. The contestant striking the other the greatest number of times wins. Render a decision after each bout, giving especial credit for offensiveness. Three rounds constitute a match; the contestant successful in two rounds wins.

Bull Dog Fight

A strap or belt one or two inches wide and about four feet long arranged so it is endless is required for this contest. Place two contestants on their hands and knees facing each other at a distance of three feet. Establish a center line half way between the two contestants. Place the strap about the backs of the necks of the opponents so that the two are held together. At signal, each attempts to pull the opponent across the center line, or mayhap, pull the strap off his neck. Jerking is not allowed. The contestants are required to keep both knees and hands on the ground throughout the contest. Either player pulled across the center line or forced to release the strap loses the bout. Three bouts constitute a match; the player successful in two wins.

Bucking Contest

Place two contestants facing each other at a distance of five feet. Using a rope or a belt have each bind his ankles firmly together. Then have each fold his arms across his chest. At signal, each contestant hops forward and through bucking, side-jumping, feinting and so on attempts to make his opponent fall over. After the signal to start the contestants must keep their arms folded on the chests. Either contestant falling over or unfolding his arms loses the bout. Five bouts constitute a match; either contestant successful in three wins the match.

Cavaliers Boxing

A set of boxing gloves is required for this contest. The teams of two players each take part in this contest. Place the two teams facing each other. Have one player of each team sit on the shoulders of the other player, winding his legs about the supporting player's back. Have the "Riders" adjust the boxing gloves. At signal, the two "Horses" move forward so the two "Riders" can box. The "Horses" are not allowed to interfere with each other, nor the opposing boxer. A round lasts one minute. If either "Rider" is dislodged from his "Horse" or if both "Horses" and "Rider" are knocked over before this time, however, he loses the round. If both contestants are still boxing at the end of a minute, render a decision based on performance, giving special attention to aggressiveness. Three rounds constitute a match; the contestant successful in two rounds wins.

Circle Ball Bounce

A tennis ball or a hand ball is necessary for this contest. Draw a circle one foot in diameter on the ground. Give one of the contestants the ball. At signal, the contestant with the ball bounces it in the circle; the other contesant, using the palm of his hand, bats it down again; the first then bats it, and so on, the two, operating alternately, continue to bat the ball. Either player hitting the ball so that it bounces higher than his opponent's head, or lower than his knees, or who hits it so it strikes outside of the circle, or fails to hit it on the first bounce, loses the bout. Five bouts constitute a match. The contestant winning three bouts wins.

Club Snatch

Establish two lines, thirty feet long, and thirty feet apart. Place an Indian Club, standing on end; midway between the two lines. Place two contestants on opposite lines, facing each other. At signal, each contestant runs forward to the club and attempts to snatch it and carry it back to his starting line, without being tagged by his opponent. When either player grabs the club the other player attempts to tag him before he gets back to his base line. When a club is once picked up it must be retained until the runner crosses the line; if a player drops a club he forfeits the bout. The player who gets the club back to his base line without being tagged or the player who tags the other running with the club wins the bout. Any player running beyond the end of the side lines forfeits the bout. Five bouts constitute a match; the contestant successful in three wins.

Double Pole Pulling

Two poles from six to ten feet long and from one to two inches thick are required for this contest. Place two contestants, facing away from each other, at a distance of five feet. Establish a base line ten feet in front of each contestant. Place the two poles, running from one contestant to the other, so they rest along the ribs under the armpits. Have the contestants grasp the poles in back of the body. At signal, each contestant attempts to pull his opponent over his base line. Either contestant pulled across his opponent's base line loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Double Pole Pushing

Two poles from six to ten feet long and from one to two inches in diameter are required for this contest. Place two contestants, facing each other, at a distance of five feet. Establish a base line ten feet in back of each contestant. Place two poles, running from one contestant to the other, so they rest along the ribs under the armpits; have the contestants grasp the poles in back of the body. At signal, each contestant attempts to push his opponent back over his (opponent's) base line. Either contestant pushed across his own base line loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Duck Hunt

Two cloths for blinding the eyes, one swatter and one small bell are required for this event. Place two contestants on the ground on their hands and knees, facing each other, at a distance of four feet. Wrap the contestants' eyes so they cannot see. Give one contestant the swatter; give the other the bell. At signal, the contestant with the bell rings it and moves off on his hands and knees. The player with the swatter attempts to find the player with the bell to swat him. The player with the swatter may call "Bell" at any time he wishes. The player with the bell must respond to every call by ringing it. Each bout lasts two minutes. At the end of this time, stop the contest, exchange the bell and the swatter, and start the contest again. At the end of two minutes stop the contest again and award the match to the player most successful in finding and swatting his opponent.

Hog Tying

Place two contestants, facing each other, at a distance of ten feet. Give each a piece of rope four feet long. At signal, each moves forward and attempts to tie the other's feet together with the rope. The contestant successful in tying the other's feet first wins. This contest may be made simpler by having the contestant tie the rope about any part of the opponent's body—leg, arm, waist, etc.

Jousting

Two poles, about ten feet long, with one end well padded, are required for this contest. Two teams of two players each take part in this contest. Have one player of each team sit astride the neck of the other player, locking his feet in back. The bottom player, ("Horse,") should hold the top player's ("Rider") legs so the "Rider" sits firmly. Give each "Rider" one of the poles. Place the two "Horses" about ten feet apart. At signal, each "Rider," using only his padded-pole, attempts to dislodge the opposing "Rider" or upset him with his "Horse." The "Riders" are not allowed to strike or thrust with the pole in any way that may involve bodily harm. Pushing with the pole by the "Rider," side-stepping and other tricks by the "Horse" are the only tactics allowed. Contestants are not allowed to put their hands on their opponent's poles. Either "Rider" dislodged or overthrown with his "Horse" loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Kangaroo Fight

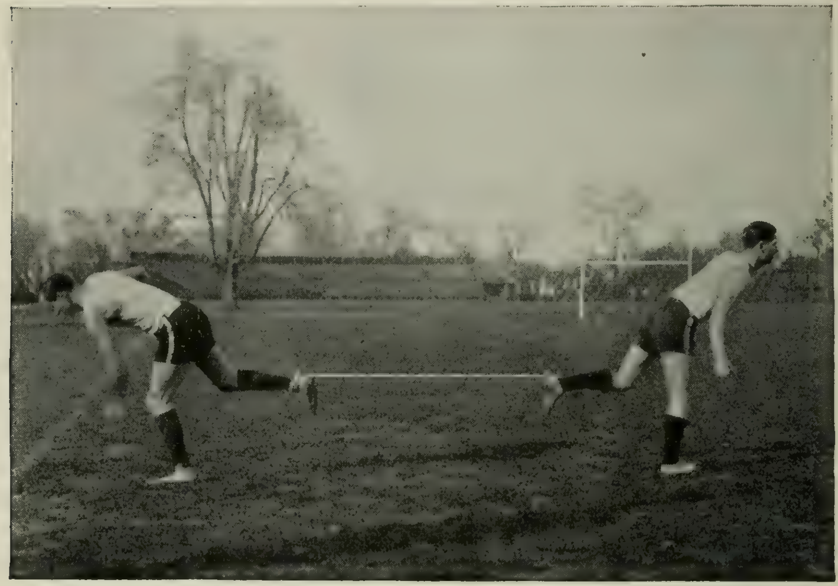
Place two contestants, facing each other, at a distance of five feet. Using a rope or a belt, have each bind his ankles firmly together. Then have each put on a pair of boxing gloves. At signal, the contestants hop toward each other and attempt to knock each other over. The contestants are not allowed to clinch; any contestant doing so forfeits the bout. Either contestant falling to the ground loses the bout. Five bouts constitute a match; the contestant successful in three wins.

Kitten Cuff

Two cloths for blinding the eyes and two swatters are needed for this contest. Place two contestants on their hands and knees on the ground facing each other at a distance of three feet. Wrap the contestants' eyes so they cannot see. Place a swatter in each contestant's right hand and have each grasp the other's left hand. At signal, each contestant (continuing to hold the left hand) starts beating his opponent with the swatter, and at the same time rolls about so as to avoid the opponent's swatter. Each bout lasts thirty seconds. Render a decision after each bout based on performance, giving special attention to aggressiveness. Three bouts constitute a match; the contestant successful in two wins.

Leg Pulling

Place two contestants, facing away from each other, at a distance of three feet. Using a piece of rope three feet long with a loop at each end, fasten a loop about one of each of the contestant's ankles. Have the contestants move apart until the rope is taut and at this point stand on one foot. Establish a line at right angles to the middle of the rope. At signal, each hopping on the free foot, attempts to pull the opponent over the line. The contestant forced to cross the line loses the bout. Three bouts constitute a match; the contestant successful in two wins.



Mixed Battle

Two left-hand boxing gloves and two swatters are required for this contest. Have the contestants adjust gloves to their left hands and take a swatter in their right hands. Place the contestants, facing each other, at a distance of five feet. At signal, each contestant attempts to hit his opponent with the glove and beat him with the swatter. Each round lasts one minute. Render a decision after each round based on successful hits and aggressiveness. Three rounds constitute a match; the contestant successful in two wins.

Modified Boxing

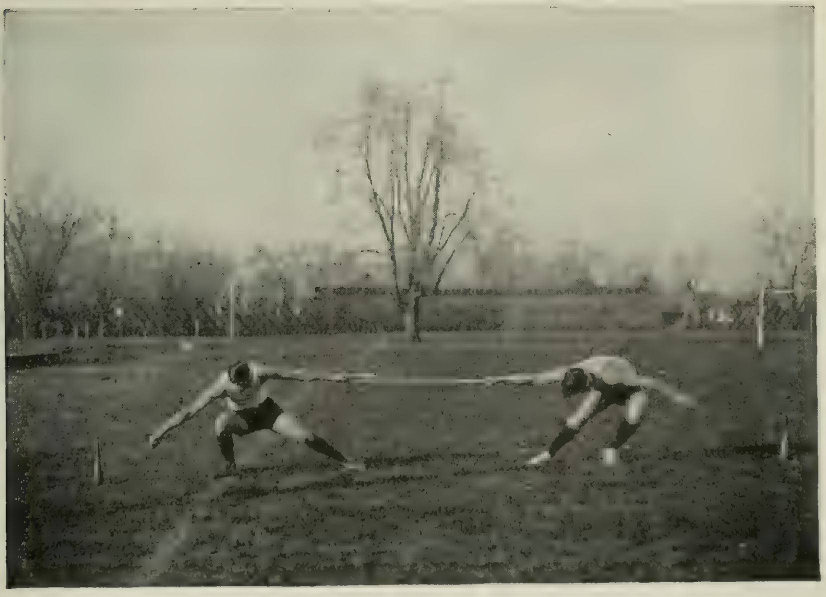
A set of boxing gloves is needed for this contest. Have two contestants put on the gloves and stand facing each other. At signal, the contestants box. The boxing should be carried on according to amateur rules. Each bout lasts two minutes. Render a decision after each bout. Three rounds constitute a match; the contestant successful in two bouts wins.

One Leg Rope Jerk

A rope six feet long and half an inch in diameter is needed for this contest. Place two contestants, facing each other, at a distance of five feet, each standing on one foot, holding opposite ends of the rope. At signal, by pulling and jerking on the rope, each contestant attempts to overbalance the other and maintain his own balance and position without moving. Either contestant forced to put his free foot to the floor, to fall over, release the rope, or move the standing foot, loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Pick-up

A rope, six feet long, and two small objects (stones, blocks of wood, playground balls) are necessary for this contest. Place two contestants, facing each other, at a distance of six feet, holding opposite ends of the rope. Place an object six feet in back of each contestant. At signal, each, continuing to hold the rope, attempts to pick up the object to his rear. Either player releasing both hands from the rope, or allowing the other to pick up his object, loses the bout. Three bouts constitute a match; the contestant successful in two, wins the match. A stick from three to six feet long or a dumb bell may be used in place of the rope.



Pillow Fight on Bar

A horizontal bar from three and one half to seven feet from the ground and two pillows are required for this contest. Have two contestants, each holding a pillow, sit astride the bar, facing each other. At signal, each contestant attempts, by beating his opponent with the pillow, to knock him so that he rolls under the bar. Pushing, clinching and similar tactics are forbidden. The contestants may shift the pillow from one hand to the other and hold on to the bar as they please. Either contestant knocked over loses the round. Five rounds constitute a match; the contestant successful in three rounds wins.

Platform Boxing

An elevated platform such as a table, two barrels on end, two bucks, or a horse, and a set of boxing gloves are required for this contest. Place two contestants on the elevated platform and have them adjust the gloves. At signal, the two contestants start boxing, each attempting to knock the other off the platform. All fair boxing tactics are permitted. Pushing, clinching, etc., are barred. Either contestant dropping off of the table loses the round. Five rounds constitute a match. The contestant successful in three rounds wins.

Platform Jousting

Two elevated platforms such as two bucks, two horses, two inverted tubs, two barrels on end, and two poles about twelve feet long with one end well padded are required for this contest. Arrange the two platforms about ten feet apart (they should be solidly attached to the ground). Place one contestant, holding a padded pole on each platform. At signal, each contestant, using his pole, attempts to dislodge his opponent from his platform. Unnecessary roughness should be avoided. Contestants may not use their hands on opponent's poles. Either contestant knocked off of his platform loses the bout. Five bouts constitute a match; the contestant successful in three bouts wins.

Sack Boxing

Two sacks and a set of boxing gloves are required for this contest. Place two contestants in separate sacks, tying the sacks about the waist. Have each contestant put on the gloves and stand facing each other at a distance of four feet. At signal, the contestants start boxing, each attempting to knock over his opponent. The contestants should follow the rules of amateur boxing. Each bout lasts one minute. Render a decision after each bout—awarding the bout to the contestant who falls over or is knocked over the fewest number of times. Three bouts constitute a match; the contestant successful in two bouts wins.

Single Pole Pulling

A pole from six to ten feet long and from one to two inches thick is required for this contest. Place two contestants, facing away from each other, at a distance of five feet. Establish a base line ten feet in front of each contestant. Place the pole, running from one contestant to the other, so it rests along the ribs under the right armpit of each contestant—the left hand grasps the pole in front, the right hand grasps it in back. At signal, each contestant attempts to pull his opponent over his base line. Either contestant pulled over his opponent's base line, or releasing the stick, loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Single Pole Pushing

A pole from six to ten feet long and from one to two inches thick is required for this contest. Place two contestants facing each other at a distance of five feet. Establish a base line ten feet in back of each contestant. Place the pole, running from one contestant to the other so it rests along the ribs under the right armpit of each contestant. The left hand grasps the pole in front, the right hand grasps it in back. At signal, each contestant attempts to push his opponent back over his (opponent's) base line. Either contestant pushed over his own base line loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Spot Wrestle

Establish a circle on the ground, ten feet in diameter. (A mat may be used.) Place two contestants in the circle (or on the mat) facing each other. At signal, each contestant moves forward to his opponent and attempts to throw him out of the circle. Touching any part of the body outside of the circle is considered "out." All fair wrestling tactics may be used. Either contestant put "out" in this manner loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Squat Rope Jerk

A rope six feet long and half an inch in diameter is necessary for this contest. Place two contestants, facing each other, at a distance of six feet, holding opposite ends of the rope. Have both contestants squat. At signal, by pulling and jerking on the rope, each contestant attempts to overbalance the other. Either contestant forced to put his hand on the floor, to rise to an upright position to release the rope, or to fall over, loses the bout. Three bouts constitute a match. The contestant successful in two bouts wins.

Step on Spot

Establish a circle two feet in diameter. Place two contestants, facing each other, across the circle, both contestants stand with both feet outside of the circle. Have the contestants clasp each other's hands—left to left and right to right. At signal, each attempts to pull or push or in some way force the other to step into or on the circle. The contestants must retain their position of grasped hands and not take hold of body or legs. If both hands become separated at any time, the bout is restarted in its original position. Either contestant stepping into or on the circle loses the bout. Three bouts constitute a match; the contestant successful in two bouts wins.

Stick and Object Pickup

A stick three feet long and an inch in diameter and a small object (stone, baseball, block of wood), are necessary for this contest. Place the two contestants, facing each other, at a distance of five feet, holding opposite ends of the stick. The contestants may use one or both hands on the stick. Place the object on the ground, twenty feet to one side of the contestants. At signal, each, maintaining his grasp on the stick with one hand, attempts to pick up the object with the other. Either contestant releasing his grasp on the stick or allowing the other to pick up the object, loses the bout. Three bouts constitute a match. The contestant successful in two bouts wins the match.

Stork Fight

Place two contestants facing each other at a distance of three feet. Using a piece of rope with a loop at each end, fasten one of each of the contestant's ankles. There should be about a yard of rope between the two feet. Have the contestants lift the foot of the bound leg from the floor. At signal, each, hopping on the free foot, attempts to jerk the rope so his opponent is compelled to place his lifted foot on the floor or falls over. The contestants may hop about as they wish, but must not touch each other in any way. Either contestant touching his uplifted foot to the floor or falling over so any part of his body, other than his free foot touches the floor, loses the bout. Three bouts constitute a match; the contestant successful in two wins.

Swat Fight

Four swatters are needed for this contest. Place two contestants, facing each other, in boxing positions; each contestant, holding one swatter in each hand. At signal, each contestant starts pounding his opponent with the swatters, attacking, maneuvering, feinting and defending as in boxing. Clinching is not allowed. Each bout lasts one minute. Render a decision after each bout based on performance, giving special credit for aggressiveness. Three bouts constitute a match; the contestant successful in two wins.

Team Boxing

Two pieces of rope, twelve feet long, a set of boxing gloves and two cloths for blinding the eyes are required for this contest. Four players participate in this event. Divide the four players into two teams of two players each. Within each team designate one player "Horse" and the other player "Driver." Give each "Driver" a rope. Have each "Driver" place the rope about his "Horse's" neck and under his "Horse's" armpits, holding the ends of the reins himself. Each "Driver" should be about six feet in back of his "Horse." Place the "Horses," facing each other, at a distance of five feet. Have the "Horses" put on the boxing gloves. Wrap the eyes of the "Horses" so they cannot see. At signal, the opposing "Horses" box; each "Driver" coaches his "Horse" by talking to him and pulling on the reins. Each bout lasts one minute. Render a decision after each bout based on performance, giving special credit for aggressiveness. Three bouts constitute a match; the contestant successful in two bouts wins.

Tap Overboard

A balancing board, a boom, a walking rail, or what corresponds to the same, is necessary for this contest. Place the two contestants, standing on the boom, facing each other, at a distance of four feet. At signal, each, through tapping and feinting with the hands, attempts to tumble the other off the boom. Either player, dislodged from the boom, loses the bout. Three bouts constitute a match. The contestant successful in two bouts wins.

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INDEX

EXPLANATORY NOTE

THIS BOOK has been designed primarily for school and playground use. While it has been mentioned before, it seems advisable to call attention again to the fact that while the games have been assembled in sections for the various grades, a large number of them may be used in grades other than those in which they will be found. For the most part girls and women can use the same activities as boys and men; to facilitate the work of the teacher of girls classes, however, the games and relays which are particularly adapted for use with girls have been so indicated. The numbers found after each game title either indicate the most satisfactory number for playing the game; a few less or a few more can be used, though, with very good success.

It so happens that the activities can be used with other groups and under different conditions. To facilitate the work of those who need activities for special occasions the following index has been arranged.

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